

balance

30-DAY CHALLENGE  darebee.com



balance hold time is a total,
change legs halfway through

1 3 minutes balance hold in one go	2 80 side leg raises throughout the day	3 4 minutes balance hold in total	4 80 side leg raises 40/40 in one go	5 4 minutes balance hold in one go
6 100 side leg raises throughout the day	7 5 minutes balance hold in total	8 100 side leg raises 50/50 in one go	9 5 minutes balance hold in one go	10 120 side leg raises throughout the day
11 6 minutes balance hold in total	12 120 side leg raises 60/60 in one go	13 6 minutes balance hold in one go	14 140 side leg raises throughout the day	15 7 minutes balance hold in total
16 140 side leg raises 70/70 in one go	17 7 minutes balance hold in one go	18 160 side leg raises throughout the day	19 8 minutes balance hold in total	20 160 side leg raises 80/80 in one go
21 8 minutes balance hold in one go	22 180 side leg raises throughout the day	23 9 minutes balance hold in total	24 180 side leg raises 90/90 in one go	25 9 minutes balance hold in one go
26 200 side leg raises throughout the day	27 10 minutes balance hold in total	28 200 side leg raises 100/100 in one go	29 10 minutes balance hold in one go	30 2 min hold followed up by 200 side leg raises