

core



30-DAY CHALLENGE @ darebee.com

split total reps into manageable sets

1 6 push-ups 15sec plank hold 10 plank arm raises	2 10 push-ups 15sec plank hold 12 plank arm raises	3 12 push-ups 15sec plank hold 14 plank arm raises	4 60sec plank hold 10 plank arm raises	5 14 push-ups 15sec plank hold 16 plank arm raises
6 16 push-ups 20sec plank hold 18 plank arm raises	7 20 push-ups 20sec plank hold 20 plank arm raises	8 60sec plank hold 10 plank arm raises	9 22 push-ups 20sec plank hold 22 plank arm raises	10 22 push-ups 20sec plank hold 22 plank arm raises
11 26 push-ups 25sec plank hold 26 plank arm raises	12 60sec plank hold 10 plank arm raises	13 28 push-ups 25sec plank hold 28 plank arm raises	14 30 push-ups 25sec plank hold 30 plank arm raises	15 32 push-ups 25sec plank hold 32 plank arm raises
16 60sec plank hold 10 plank arm raises	17 34 push-ups 30sec plank hold 34 plank arm raises	18 36 push-ups 30sec plank hold 36 plank arm raises	19 38 push-ups 30sec plank hold 38 plank arm raises	20 60sec plank hold 10 plank arm raises
21 40 push-ups 35sec plank hold 40 plank arm raises	22 42 push-ups 35sec plank hold 42 plank arm raises	23 46 push-ups 35sec plank hold 44 plank arm raises	24 60sec plank hold 10 plank arm raises	25 48 push-ups 35sec plank hold 46 plank arm raises
26 50 push-ups 40sec plank hold 48 plank arm raises	27 52 push-ups 40sec plank hold 50 plank arm raises	28 60sec plank hold 10 plank arm raises	29 54 push-ups 45sec plank hold 52 plank arm raises	30 60 push-ups 45sec plank hold 60 plank arm raises