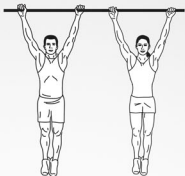


DEAD HANG



30-DAY CHALLENGE
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1 10 seconds 2 sets 30sec rest	2 20 seconds in one go	3 10 seconds 2 sets 30sec rest	4 25 seconds in one go	5 10 seconds 2 sets 30sec rest
6 30 seconds in one go	7 10 seconds 2 sets 30sec rest	8 35 seconds in one go	9 10 seconds 2 sets 30sec rest	10 40 seconds in one go
11 10 seconds 2 sets 30sec rest	12 45 seconds in one go	13 10 seconds 2 sets 30sec rest	14 50 seconds in one go	15 10 seconds 2 sets 30sec rest
16 55 seconds in one go	17 10 seconds 2 sets 30sec rest	18 60 seconds in one go	19 10 seconds 2 sets 30sec rest	20 1min 10sec in one go
21 10 seconds 2 sets 30sec rest	22 1min 20sec in one go	23 10 seconds 2 sets 30sec rest	24 1min 30sec in one go	25 10 seconds 2 sets 30sec rest
26 1min 40sec in one go	27 10 seconds 2 sets 30sec rest	28 1min 50sec in one go	29 10 seconds 2 sets 30sec rest	30 2 minutes in one go