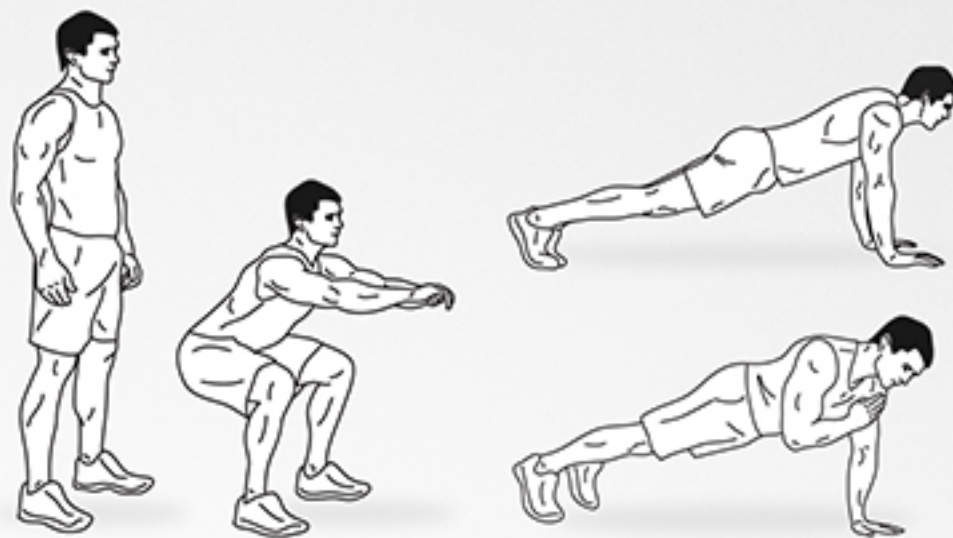


# THE MINER



## 30-DAY CHALLENGE

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1 30sec squats 30sec rest <b>3 sets</b>	2 20 shoulder taps 10-count plank hold <b>3 sets</b>   30sec rest	3 30sec squats 30sec rest <b>3 sets</b>	4 20 shoulder taps 10-count plank hold <b>3 sets</b>   30sec rest	5 30sec squats 30sec rest <b>3 sets</b>
6 20 shoulder taps 10-count plank hold <b>3 sets</b>   30sec rest	7 30sec squats 30sec rest <b>3 sets</b>	8 22 shoulder taps 12-count plank hold <b>3 sets</b>   30sec rest	9 30sec squats 30sec rest <b>3 sets</b>	10 22 shoulder taps 12-count plank hold <b>3 sets</b>   30sec rest
11 30sec squats 30sec rest <b>3 sets</b>	12 22 shoulder taps 12-count plank hold <b>3 sets</b>   30sec rest	13 30sec squats 30sec rest <b>3 sets</b>	14 24 shoulder taps 14-count plank hold <b>3 sets</b>   30sec rest	15 30sec squats 30sec rest <b>3 sets</b>
16 24 shoulder taps 14-count plank hold <b>3 sets</b>   30sec rest	17 30sec squats 30sec rest <b>3 sets</b>	18 24 shoulder taps 14-count plank hold <b>3 sets</b>   30sec rest	19 30sec squats 30sec rest <b>3 sets</b>	20 26 shoulder taps 16-count plank hold <b>3 sets</b>   30sec rest
21 30sec squats 30sec rest <b>3 sets</b>	22 26 shoulder taps 16-count plank hold <b>3 sets</b>   30sec rest	23 30sec squats 30sec rest <b>3 sets</b>	24 26 shoulder taps 16-count plank hold <b>3 sets</b>   30sec rest	25 30sec squats 30sec rest <b>3 sets</b>
26 28 shoulder taps 18-count plank hold <b>3 sets</b>   30sec rest	27 30sec squats 30sec rest <b>3 sets</b>	28 28 shoulder taps 18-count plank hold <b>3 sets</b>   30sec rest	29 30sec squats 30sec rest <b>3 sets</b>	30 30 shoulder taps 20-count plank hold <b>3 sets</b>   30sec rest