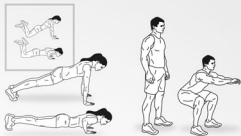


PUSH-UPS & SQUATS



— 30-DAY CHALLENGE —

@ darebee.com

1 10 push-ups 3 sets 30sec rest	2 50 squats throughout the day	3 10 push-ups 3 sets 30sec rest	4 55 squats throughout the day	5 11 push-ups 3 sets 30sec rest
6 60 squats throughout the day	7 11 push-ups 3 sets 30sec rest	8 65 squats throughout the day	9 12 push-ups 3 sets 30sec rest	10 70 squats throughout the day
11 12 push-ups 3 sets 30sec rest	12 75 squats throughout the day	13 13 push-ups 3 sets 30sec rest	14 80 squats throughout the day	15 13 push-ups 3 sets 30sec rest
16 85 squats throughout the day	17 14 push-ups 3 sets 30sec rest	18 90 squats throughout the day	19 14 push-ups 3 sets 30sec rest	20 95 squats throughout the day
21 15 push-ups 3 sets 30sec rest	22 100 squats throughout the day	23 15 push-ups 3 sets 30sec rest	24 105 squats throughout the day	25 16 push-ups 3 sets 30sec rest
26 110 squats throughout the day	27 16 push-ups 3 sets 30sec rest	28 115 squats throughout the day	29 17 push-ups 3 sets 30sec rest	30 120 squats throughout the day