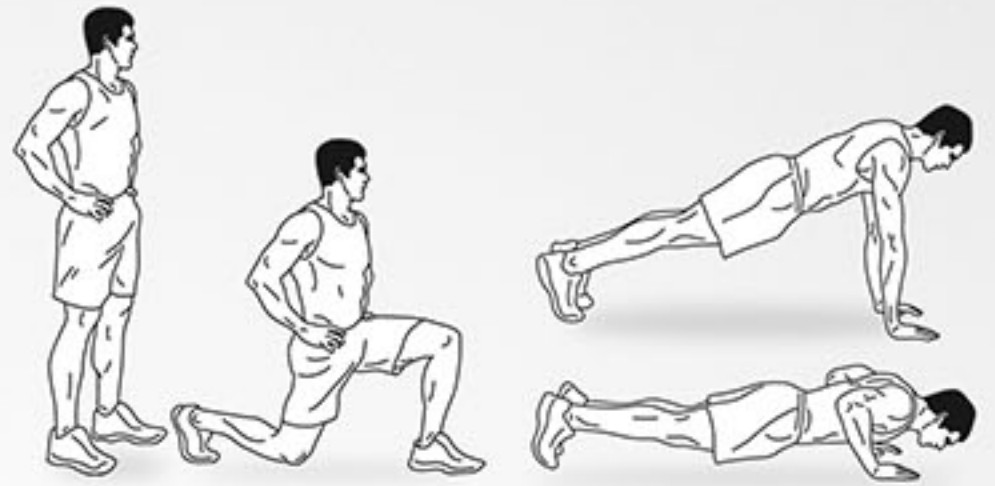


# SPARTAN



— 30-DAY CHALLENGE —

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1	20 lunges <b>3 sets</b>   30sec rest	2	to failure push-ups <b>3 sets</b>   30sec rest	3	2 minutes elbow plank <b>in one go</b>	4	22 lunges <b>3 sets</b>   30sec rest	5	to failure push-ups <b>3 sets</b>   30sec rest
6	2 minutes elbow plank <b>in one go</b>	7	24 lunges <b>3 sets</b>   30sec rest	8	to failure push-ups <b>3 sets</b>   30sec rest	9	2 minutes elbow plank <b>in one go</b>	10	20 lunges <b>4 sets</b>   30sec rest
11	to failure push-ups <b>3 sets</b>   30sec rest	12	3 minutes elbow plank <b>in one go</b>	13	22 lunges <b>4 sets</b>   30sec rest	14	to failure push-ups <b>3 sets</b>   30sec rest	15	3 minutes elbow plank <b>in one go</b>
16	24 lunges <b>4 sets</b>   30sec rest	17	to failure push-ups <b>3 sets</b>   30sec rest	18	3 minutes elbow plank <b>in one go</b>	19	20 lunges <b>5 sets</b>   30sec rest	20	to failure push-ups <b>3 sets</b>   30sec rest
21	4 minutes elbow plank <b>in one go</b>	22	22 lunges <b>5 sets</b>   30sec rest	23	to failure push-ups <b>3 sets</b>   30sec rest	24	4 minutes elbow plank <b>in one go</b>	25	24 lunges <b>5 sets</b>   30sec rest
26	to failure push-ups <b>3 sets</b>   30sec rest	27	4 minutes elbow plank <b>in one go</b>	28	20 lunges <b>6 sets</b>   30sec rest	29	to failure push-ups <b>3 sets</b>   30sec rest	30	5 minutes elbow plank <b>in one go</b>