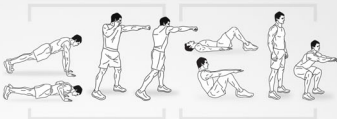


super saiyan

— 30-DAY CHALLENGE —

Split into manageable sets.



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1 40 push-ups 100 punches	2 60 sit-ups 100 squats	3 60 push-ups 200 punches	4 80 sit-ups 150 squats	5 80 push-ups 300 punches
6 100 sit-ups 200 squats	7 100 push-ups 400 punches	8 120 sit-ups 250 squats	9 120 push-ups 500 punches	10 140 sit-ups 300 squats
11 140 push-ups 600 punches	12 160 sit-ups 350 squats	13 160 push-ups 700 punches	14 180 sit-ups 400 squats	15 180 push-ups 800 punches
16 200 sit-ups 450 squats	17 200 push-ups 900 punches	18 220 sit-ups 500 squats	19 220 push-ups 1000 punches	20 240 sit-ups 550 squats
21 240 push-ups 1200 punches	22 260 sit-ups 600 squats	23 260 push-ups 1400 punches	24 280 sit-ups 650 squats	25 280 push-ups 1600 punches
26 300 sit-ups 700 squats	27 300 push-ups 1800 punches	28 320 sit-ups 750 squats	29 350 push-ups 2000 punches	30 350 sit-ups 800 squats