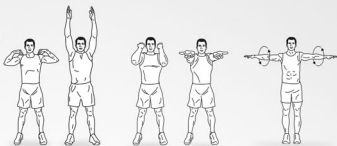


# upper body

LIGHT



30-DAY CHALLENGE

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1 40 shoulder taps 40 bicep extensions 3 sets   30sec rest	2 60 raised arm circles in one go	3 40 shoulder taps 40 bicep extensions 3 sets   30sec rest	4 80 raised arm circles in one go	5 40 shoulder taps 40 bicep extensions 3 sets   30sec rest
6 100 raised arm circles in one go	7 50 shoulder taps 50 bicep extensions 3 sets   30sec rest	8 120 raised arm circles in one go	9 50 shoulder taps 50 bicep extensions 3 sets   30sec rest	10 140 raised arm circles in one go
11 50 shoulder taps 50 bicep extensions 3 sets   30sec rest	12 160 raised arm circles in one go	13 60 shoulder taps 60 bicep extensions 3 sets   30sec rest	14 180 raised arm circles in one go	15 60 shoulder taps 60 bicep extensions 3 sets   30sec rest
16 200 raised arm circles in one go	17 60 shoulder taps 60 bicep extensions 3 sets   30sec rest	18 220 raised arm circles in one go	19 70 shoulder taps 70 bicep extensions 3 sets   30sec rest	20 240 raised arm circles in one go
21 70 shoulder taps 70 bicep extensions 3 sets   30sec rest	22 260 raised arm circles in one go	23 70 shoulder taps 70 bicep extensions 3 sets   30sec rest	24 280 raised arm circles in one go	25 80 shoulder taps 80 bicep extensions 3 sets   30sec rest
26 300 raised arm circles in one go	27 80 shoulder taps 80 bicep extensions 3 sets   30sec rest	28 320 raised arm circles in one go	29 80 shoulder taps 80 bicep extensions 3 sets   30sec rest	30 340 raised arm circles in one go