

back & arms



— 30-DAY CHALLENGE —

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1 12 plank rotations 3 sets 30sec rest	2 6 plank rotations 12 shoulder taps 3 sets 30sec rest	3 12 plank rotations 3 sets 30sec rest	4 6 plank rotations 12 shoulder taps 3 sets 30sec rest	5 14 plank rotations 3 sets 30sec rest
6 8 plank rotations 16 shoulder taps 3 sets 30sec rest	7 14 plank rotations 3 sets 30sec rest	8 8 plank rotations 16 shoulder taps 3 sets 30sec rest	9 16 plank rotations 3 sets 30sec rest	10 10 plank rotations 20 shoulder taps 3 sets 30sec rest
11 16 plank rotations 3 sets 30sec rest	12 10 plank rotations 20 shoulder taps 3 sets 30sec rest	13 18 plank rotations 3 sets 30sec rest	14 12 plank rotations 24 shoulder taps 3 sets 30sec rest	15 18 plank rotations 3 sets 30sec rest
16 12 plank rotations 24 shoulder taps 3 sets 30sec rest	17 20 plank rotations 3 sets 30sec rest	18 14 plank rotations 28 shoulder taps 3 sets 30sec rest	19 20 plank rotations 3 sets 30sec rest	20 14 plank rotations 28 shoulder taps 3 sets 30sec rest
21 22 plank rotations 3 sets 30sec rest	22 16 plank rotations 32 shoulder taps 3 sets 30sec rest	23 22 plank rotations 3 sets 30sec rest	24 16 plank rotations 32 shoulder taps 3 sets 30sec rest	25 24 plank rotations 3 sets 30sec rest
26 18 plank rotations 36 shoulder taps 3 sets 30sec rest	27 24 plank rotations 3 sets 30sec rest	28 18 plank rotations 36 shoulder taps 3 sets 30sec rest	29 26 plank rotations 3 sets 30sec rest	30 20 plank rotations 40 shoulder taps 3 sets 30sec rest