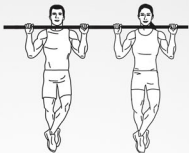


FLEX HANG



30-DAY CHALLENGE
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1 5 seconds 3 sets 30sec rest	2 10 seconds in one go	3 5 seconds 3 sets 30sec rest	4 10 seconds in one go	5 5 seconds 3 sets 30sec rest
6 15 seconds in one go	7 5 seconds 3 sets 30sec rest	8 15 seconds in one go	9 5 seconds 3 sets 30sec rest	10 20 seconds in one go
11 5 seconds 3 sets 30sec rest	12 20 seconds in one go	13 5 seconds 3 sets 30sec rest	14 25 seconds in one go	15 5 seconds 3 sets 30sec rest
16 25 seconds in one go	17 5 seconds 3 sets 30sec rest	18 30 seconds in one go	19 5 seconds 3 sets 30sec rest	20 30 seconds in one go
21 5 seconds 3 sets 30sec rest	22 35 seconds in one go	23 5 seconds 3 sets 30sec rest	24 35 seconds in one go	25 5 seconds 3 sets 30sec rest
26 40 seconds in one go	27 5 seconds 3 sets 30sec rest	28 40 seconds in one go	29 5 seconds 3 sets 30sec rest	30 45 seconds in one go