

# POWER GRIP



30-DAY CHALLENGE  
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|   |   |   |   |   |
|---|---|---|---|---|
| 1<br>40 seconds<br>clench / unclench      | 2<br>40 seconds<br>overhead<br>flex hold  | 3<br>50 seconds<br>clench / unclench      | 4<br>50 seconds<br>overhead<br>flex hold  | 5<br>60 seconds<br>clench / unclench      |
| 6<br>60 seconds<br>overhead<br>flex hold  | 7<br>1min 10sec<br>clench / unclench      | 8<br>1min 10sec<br>overhead<br>flex hold  | 9<br>1min 20sec<br>clench / unclench      | 10<br>1min 20sec<br>overhead<br>flex hold |
| 11<br>1min 30sec<br>clench / unclench     | 12<br>1min 30sec<br>overhead<br>flex hold | 13<br>1min 40sec<br>clench / unclench     | 14<br>1min 40sec<br>overhead<br>flex hold | 15<br>1min 50sec<br>clench / unclench     |
| 16<br>1min 50sec<br>overhead<br>flex hold | 17<br>2 minutes<br>clench / unclench      | 18<br>2 minutes<br>overhead<br>flex hold  | 19<br>2min 10sec<br>clench / unclench     | 20<br>2min 10sec<br>overhead<br>flex hold |
| 21<br>2min 20sec<br>clench / unclench     | 22<br>2min 20sec<br>overhead<br>flex hold | 23<br>2min 30sec<br>clench / unclench     | 24<br>2min 30sec<br>overhead<br>flex hold | 25<br>2min 40sec<br>clench / unclench     |
| 26<br>2min 40sec<br>overhead<br>flex hold | 27<br>2min 50sec<br>clench / unclench     | 28<br>2min 50sec<br>overhead<br>flex hold | 29<br>3 minutes<br>clench / unclench      | 30<br>3 minutes<br>overhead<br>flex hold  |