

upper body



30-DAY CHALLENGE

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1 12 backfists 6 push-ups 3 sets 30sec rest	2 40 chest expansions throughout the day	3 12 backfists 6 push-ups 4 sets 30sec rest	4 44 chest expansions throughout the day	5 12 backfists 6 push-ups 5 sets 30sec rest
6 48 chest expansions throughout the day	7 16 backfists 8 push-ups 3 sets 30sec rest	8 50 chest expansions throughout the day	9 16 backfists 8 push-ups 4 sets 30sec rest	10 52 chest expansions throughout the day
11 16 backfists 8 push-ups 5 sets 30sec rest	12 54 chest expansions throughout the day	13 20 backfists 10 push-ups 3 sets 30sec rest	14 56 chest expansions throughout the day	15 20 backfists 10 push-ups 4 sets 30sec rest
16 60 chest expansions throughout the day	17 20 backfists 10 push-ups 5 sets 30sec rest	18 64 chest expansions throughout the day	19 24 backfists 12 push-ups 3 sets 30sec rest	20 68 chest expansions throughout the day
21 24 backfists 12 push-ups 4 sets 30sec rest	22 72 chest expansions throughout the day	23 24 backfists 12 push-ups 5 sets 30sec rest	24 76 chest expansions throughout the day	25 28 backfists 14 push-ups 3 sets 30sec rest
26 80 chest expansions throughout the day	27 28 backfists 14 push-ups 4 sets 30sec rest	28 84 chest expansions throughout the day	29 28 backfists 14 push-ups 5 sets 30sec rest	30 88 chest expansions throughout the day