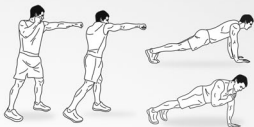


arms of steel

— 30-DAY CHALLENGE —



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1 16 shoulder taps 4 sets 30sec rest	2 3 minutes punches non-stop	3 16 shoulder taps 4 sets 30sec rest	4 3 minutes punches non-stop	5 18 shoulder taps 4 sets 30sec rest
6 4 minutes punches non-stop	7 18 shoulder taps 4 sets 30sec rest	8 4 minutes punches non-stop	9 20 shoulder taps 4 sets 30sec rest	10 5 minutes punches non-stop
11 20 shoulder taps 4 sets 30sec rest	12 5 minutes punches non-stop	13 22 shoulder taps 4 sets 30sec rest	14 6 minutes punches non-stop	15 22 shoulder taps 4 sets 30sec rest
16 6 minutes punches non-stop	17 24 shoulder taps 4 sets 30sec rest	18 7 minutes punches non-stop	19 24 shoulder taps 4 sets 30sec rest	20 7 minutes punches non-stop
21 26 shoulder taps 4 sets 30sec rest	22 8 minutes punches non-stop	23 26 shoulder taps 4 sets 30sec rest	24 8 minutes punches non-stop	25 28 shoulder taps 4 sets 30sec rest
26 9 minutes punches non-stop	27 28 shoulder taps 4 sets 30sec rest	28 9 minutes punches non-stop	29 30 shoulder taps 4 sets 30sec rest	30 10 minutes punches non-stop