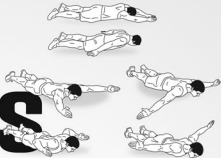


# back & shoulders



— 30-DAY CHALLENGE —

@ [darebee.com](http://darebee.com)

1 12 reverse angels 3 sets   30sec rest	2 6 W-extensions 6 prone reverse flys 3 sets   30sec rest	3 12 reverse angels 3 sets   30sec rest	4 6 W-extensions 6 prone reverse flys 3 sets   30sec rest	5 14 reverse angels 3 sets   30sec rest
6 8 W-extensions 8 prone reverse flys 3 sets   30sec rest	7 14 reverse angels 3 sets   30sec rest	8 8 W-extensions 8 prone reverse flys 3 sets   30sec rest	9 16 reverse angels 3 sets   30sec rest	10 10 W-extensions 10 prone reverse flys 3 sets   30sec rest
11 16 reverse angels 3 sets   30sec rest	12 10 W-extensions 10 prone reverse flys 3 sets   30sec rest	13 18 reverse angels 3 sets   30sec rest	14 12 W-extensions 12 prone reverse flys 3 sets   30sec rest	15 18 reverse angels 3 sets   30sec rest
16 12 W-extensions 12 prone reverse flys 3 sets   30sec rest	17 20 reverse angels 3 sets   30sec rest	18 14 W-extensions 14 prone reverse flys 3 sets   30sec rest	19 20 reverse angels 3 sets   30sec rest	20 14 W-extensions 14 prone reverse flys 3 sets   30sec rest
21 22 reverse angels 3 sets   30sec rest	22 16 W-extensions 16 prone reverse flys 3 sets   30sec rest	23 22 reverse angels 3 sets   30sec rest	24 16 W-extensions 16 prone reverse flys 3 sets   30sec rest	25 24 reverse angels 3 sets   30sec rest
26 18 W-extensions 18 prone reverse flys 3 sets   30sec rest	27 24 reverse angels 3 sets   30sec rest	28 18 W-extensions 18 prone reverse flys 3 sets   30sec rest	29 26 reverse angels 3 sets   30sec rest	30 20 W-extensions 20 prone reverse flys 3 sets   30sec rest