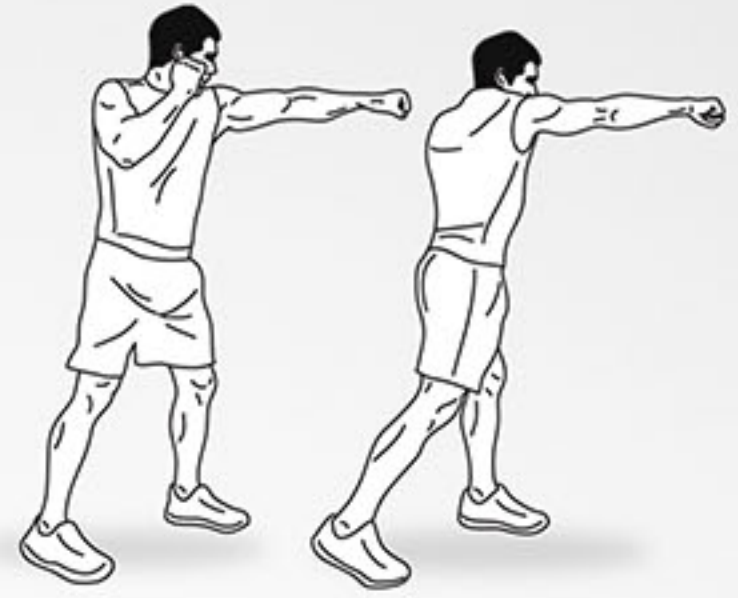


POWER PUNCH

— 30-DAY CHALLENGE —



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1	60 punches 3 sets 30sec rest	2	2 minutes punches non-stop	3	70 punches 3 sets 30sec rest	4	2 minutes punches non-stop	5	80 punches 3 sets 30sec rest
6	2 minutes punches non-stop	7	90 punches 3 sets 30sec rest	8	2 minutes punches non-stop	9	100 punches 3 sets 30sec rest	10	2 minutes punches non-stop
11	110 punches 3 sets 30sec rest	12	2 minutes punches non-stop	13	120 punches 3 sets 30sec rest	14	2 minutes punches non-stop	15	130 punches 3 sets 30sec rest
16	2 minutes punches non-stop	17	140 punches 3 sets 30sec rest	18	2 minutes punches non-stop	19	150 punches 3 sets 30sec rest	20	2 minutes punches non-stop
21	160 punches 3 sets 30sec rest	22	2 minutes punches non-stop	23	170 punches 3 sets 30sec rest	24	2 minutes punches non-stop	25	180 punches 3 sets 30sec rest
26	2 minutes punches non-stop	27	190 punches 3 sets 30sec rest	28	2 minutes punches non-stop	29	200 punches 3 sets 30sec rest	30	2 minutes punches non-stop