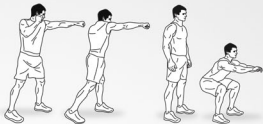


# PUNCHES & SQUATS



— 30-DAY CHALLENGE —

@ darebee.com

1 30 punches 3 sets   30sec rest	2 50 squats throughout the day	3 30 punches 3 sets   30sec rest	4 55 squats throughout the day	5 40 punches 3 sets   30sec rest
6 60 squats throughout the day	7 40 punches 3 sets   30sec rest	8 65 squats throughout the day	9 50 punches 3 sets   30sec rest	10 70 squats throughout the day
11 50 punches 3 sets   30sec rest	12 75 squats throughout the day	13 60 punches 3 sets   30sec rest	14 80 squats throughout the day	15 60 punches 3 sets   30sec rest
16 85 squats throughout the day	17 70 punches 3 sets   30sec rest	18 90 squats throughout the day	19 70 punches 3 sets   30sec rest	20 95 squats throughout the day
21 80 punches 3 sets   30sec rest	22 100 squats throughout the day	23 80 punches 3 sets   30sec rest	24 105 squats throughout the day	25 90 punches 3 sets   30sec rest
26 110 squats throughout the day	27 90 punches 3 sets   30sec rest	28 115 squats throughout the day	29 100 punches 3 sets   30sec rest	30 120 squats throughout the day