

STOMACH VACUUMS

— 30-DAY CHALLENGE —



1. Take a deep breath.
2. Breathe out slowly.
3. Pull your stomach in as much as possible.
4. Hold for the given amount of time. Take shallow breaths while holding.

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1 10sec hold 10sec rest 3 sets in total	2 10sec hold 10sec rest 3 sets in total	3 15sec hold 15sec rest 3 sets in total	4 15sec hold 15sec rest 3 sets in total	5 20sec hold 20sec rest 3 sets in total
6 20sec hold 20sec rest 3 sets in total	7 25sec hold 25sec rest 3 sets in total	8 25sec hold 25sec rest 3 sets in total	9 30sec hold 30sec rest 3 sets in total	10 30sec hold 30sec rest 3 sets in total
11 40sec hold 40sec rest 3 sets in total	12 40sec hold 40sec rest 3 sets in total	13 45sec hold 45sec rest 3 sets in total	14 45sec hold 45sec rest 3 sets in total	15 50sec hold 50sec rest 3 sets in total
16 50sec hold 50sec rest 3 sets in total	17 60sec hold 60sec rest 3 sets in total	18 60sec hold 60sec rest 3 sets in total	19 1min 10sec hold 60sec rest 3 sets in total	20 1min 10sec hold 60sec rest 3 sets in total
21 1min 20sec hold 60sec rest 3 sets in total	22 1min 20sec hold 60sec rest 3 sets in total	23 1min 30sec hold 60sec rest 3 sets in total	24 1min 30sec hold 60sec rest 3 sets in total	25 1min 40sec hold 60sec rest 3 sets in total
26 1min 40sec hold 60sec rest 3 sets in total	27 1min 50sec hold 60sec rest 3 sets in total	28 1min 50sec hold 60sec rest 3 sets in total	29 2 minutes hold 60sec rest 3 sets in total	30 2 minutes hold 60sec rest 3 sets in total