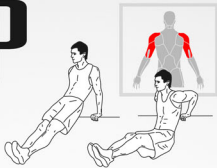


# TRICEP DIPS



30-DAY CHALLENGE  
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1 6 tricep dips 3 sets   30sec rest	2 20 seconds tricep dip hold	3 6 tricep dips 3 sets   30sec rest	4 20 seconds tricep dip hold	5 8 tricep dips 3 sets   30sec rest
6 30 seconds tricep dip hold	7 8 tricep dips 3 sets   30sec rest	8 30 seconds tricep dip hold	9 10 tricep dips 3 sets   30sec rest	10 40 seconds tricep dip hold
11 10 tricep dips 3 sets   30sec rest	12 40 seconds tricep dip hold	13 12 tricep dips 3 sets   30sec rest	14 50 seconds tricep dip hold	15 12 tricep dips 3 sets   30sec rest
16 50 seconds tricep dip hold	17 14 tricep dips 3 sets   30sec rest	18 60 seconds tricep dip hold	19 14 tricep dips 3 sets   30sec rest	20 60 seconds tricep dip hold
21 16 tricep dips 3 sets   30sec rest	22 1min 10sec tricep dip hold	23 16 tricep dips 3 sets   30sec rest	24 1min 10sec tricep dip hold	25 18 tricep dips 3 sets   30sec rest
26 1min 20sec tricep dip hold	27 18 tricep dips 3 sets   30sec rest	28 1min 20sec tricep dip hold	29 20 tricep dips 3 sets   30sec rest	30 1min 30sec tricep dip hold