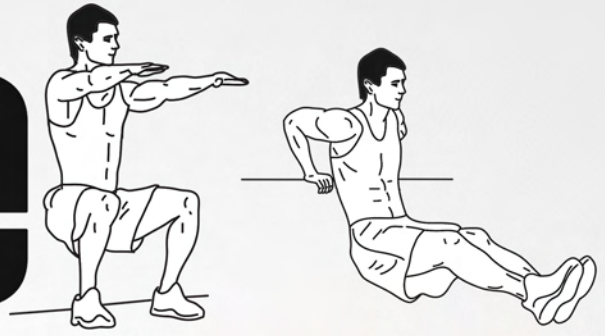


30-day office — challenge —



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