

EXTREME 30 (ALF RAISES) CHALLENGE

DAY 1 - 100 RAISES
DAY 2 - 120 RAISES
DAY 3 - 140 RAISES
DAY 4 - 160 RAISES
DAY 5 - 180 RAISES
DAY 6 - 200 RAISES
DAY 7 - REST
DAY 8 - 220 RAISES
DAY 9 - 240 RAISES
DAY 10 - 260 RAISES
DAY 11 - 280 RAISES
DAY 12 - 300 RAISES
DAY 13 - 320 RAISES
DAY 14 - REST
DAY 15 - 340 RAISES

DAY 16 - 360 RAISES
DAY 17 - 380 RAISES
DAY 18 - 400 RAISES
DAY 19 - 420 RAISES
DAY 20 - 440 RAISES
DAY 21 - REST
DAY 22 - 460 RAISES
DAY 23 - 480 RAISES
DAY 24 - 500 RAISES
DAY 25 - 520 RAISES
DAY 26 - 540 RAISES
DAY 27 - 560 RAISES
DAY 28 - REST
DAY 29 - 580 RAISES
DAY 30 - 600 RAISES

NOTE: CONSULT YOUR DOCTOR BEFORE STARTING AN EXERCISE ROUTINE.

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EXTREME 30 CALF RAISES CHALLENGE

DAY 1 - 100 RAISES
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