

EXTREME 30 TRICEP DIPS CHALLENGE

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

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

NOTE: CONSULT YOUR DOCTOR BEFORE STARTING AN EXERCISE ROUTINE.

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EXTREME 30 TRICEP DIPS CHALLENGE

DAY 1	- 100 DIPS	DAY 16	- 360 DIPS
DAY 2	- 120 DIPS	DAY 17	- 380 DIPS
DAY 3	- 140 DIPS	DAY 18	- 400 DIPS
DAY 4	- 160 DIPS	DAY 19	- 420 DIPS
DAY 5	- 180 DIPS	DAY 20	- 440 DIPS
DAY 6	- 200 DIPS	DAY 21	- REST
DAY 7	- REST	DAY 22	- 460 DIPS
DAY 8	- 220 DIPS	DAY 23	- 480 DIPS
DAY 9	- 240 DIPS	DAY 24	- 500 DIPS
DAY 10	- 260 DIPS	DAY 25	- 520 DIPS
DAY 11	- 280 DIPS	DAY 26	- 540 DIPS
DAY 12	- 300 DIPS	DAY 27	- 560 DIPS
DAY 13	- 320 DIPS	DAY 28	- REST
DAY 14	- REST	DAY 29	- 580 DIPS
DAY 15	- 340 DIPS	DAY 30	- 600 DIPS

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