

EXTREME 30 WALL SIT CHALLENGE

DAY 1 - 5 MINUTES
DAY 2 - 6 MINUTES
DAY 3 - 6 MIN 10 SEC
DAY 4 - 6 MIN 20 SEC
DAY 5 - 6 MIN 30 SEC
DAY 6 - 6 MIN 40 SEC
DAY 7 - REST
DAY 8 - 6 MIN 50 SEC
DAY 9 - 7 MINUTES
DAY 10 - 7 MIN 10 SEC
DAY 11 - 7 MIN 20 SEC
DAY 12 - 7 MIN 30 SEC
DAY 13 - 7 MIN 40 SEC
DAY 14 - REST
DAY 15 - 7 MIN 50 SEC

DAY 16 - 8 MINUTES
DAY 17 - 8 MIN 10 SEC
DAY 18 - 8 MIN 20 SEC
DAY 19 - 8 MIN 30 SEC
DAY 20 - 8 MIN 40 SEC
DAY 21 - REST
DAY 22 - 8 MIN 50 SEC
DAY 23 - 9 MINUTES
DAY 24 - 9 MIN 10 SEC
DAY 25 - 9 MIN 20 SEC
DAY 26 - 9 MIN 30 SEC
DAY 27 - 9 MIN 40 SEC
DAY 28 - REST
DAY 29 - 9 MIN 50 SEC
DAY 30 - 10 MINUTES

NOTE: CONSULT YOUR DOCTOR BEFORE STARTING AN EXERCISE ROUTINE.

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