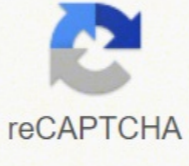




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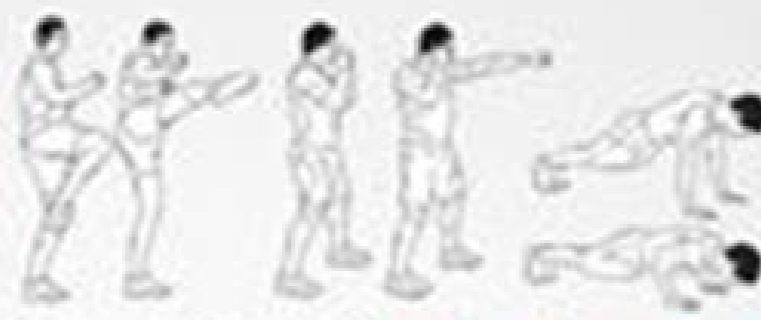
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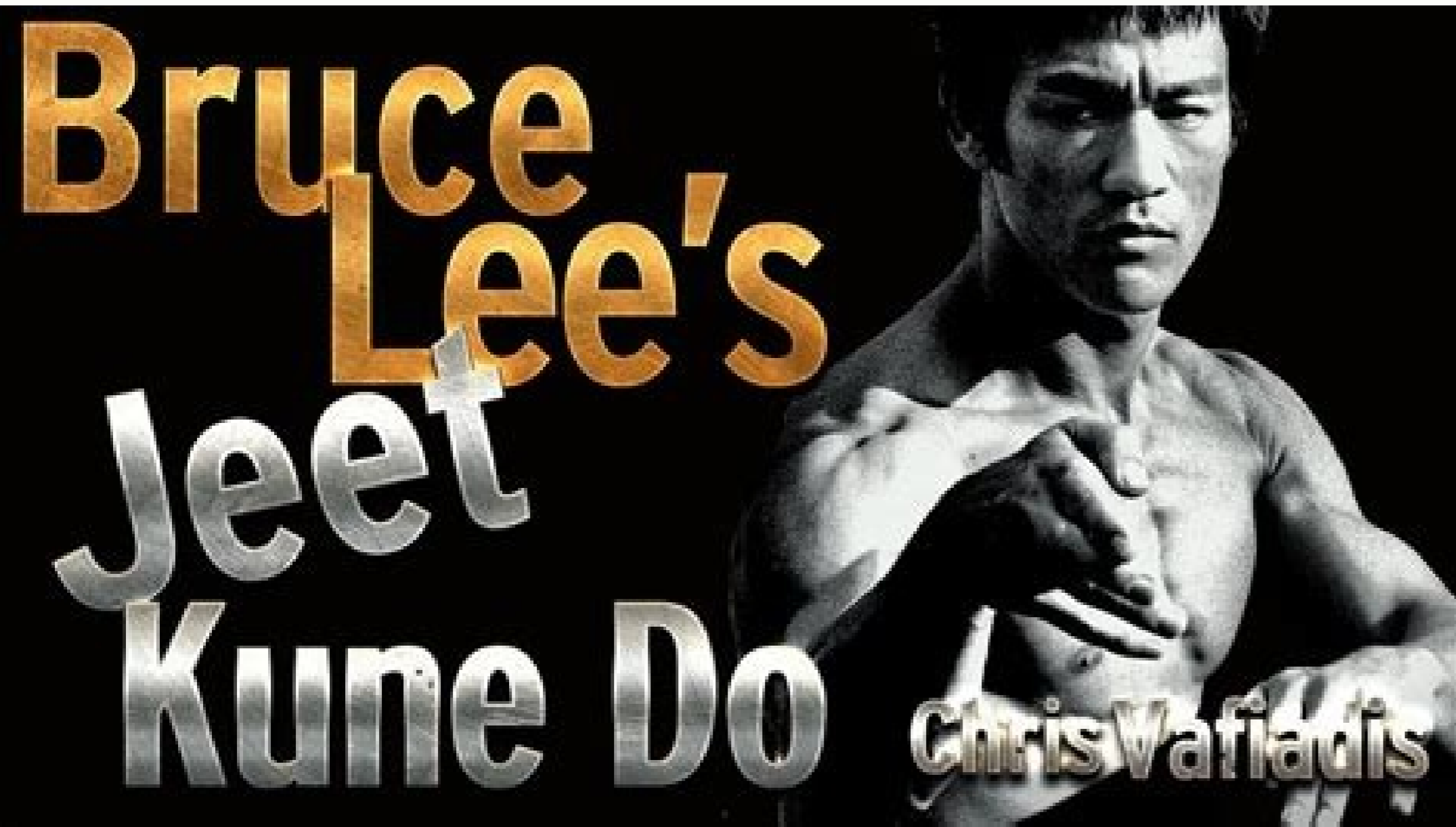
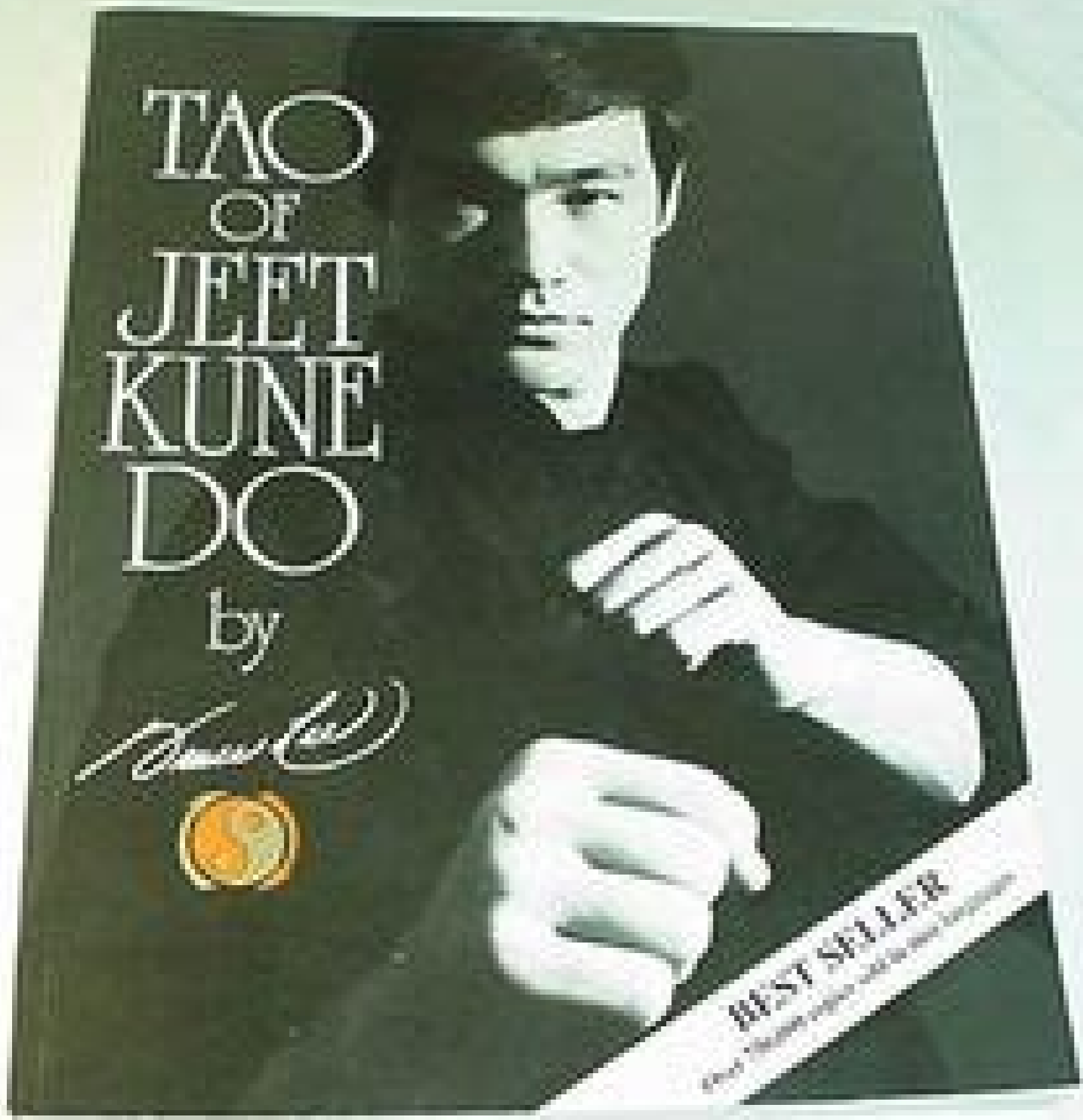
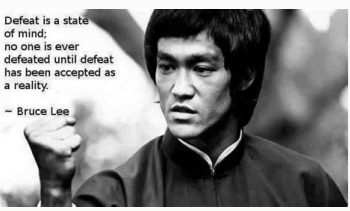
# bruce lee 30-DAY CHALLENGE

split total reps into manageable sets

darebee.com



1	60 kicks 60 punches 20 push-ups	2	100 kicks 100 punches 20 push-ups	3	120 kicks 120 punches 20 push-ups	4	20 slow kicks 20 slow punches	5	140 kicks 140 punches 40 push-ups
6	180 kicks 180 punches 40 push-ups	7	200 kicks 200 punches 40 push-ups	8	20 slow kicks 20 slow punches	9	220 kicks 220 punches 60 push-ups	10	260 kicks 260 punches 60 push-ups
11	300 kicks 300 punches 60 push-ups	12	20 slow kicks 20 slow punches	13	340 kicks 340 punches 80 push-ups	14	380 kicks 380 punches 80 push-ups	15	400 kicks 400 punches 80 push-ups
16	20 slow kicks 20 slow punches	17	440 kicks 440 punches 80 push-ups	18	480 kicks 480 punches 80 push-ups	19	520 kicks 520 punches 90 push-ups	20	20 slow kicks 20 slow punches
21	540 kicks 540 punches 100 push-ups	22	600 kicks 600 punches 100 push-ups	23	620 kicks 620 punches 100 push-ups	24	20 slow kicks 20 slow punches	25	700 kicks 700 punches 100 push-ups
26	720 kicks 720 punches 100 push-ups	27	740 kicks 740 punches 100 push-ups	28	20 slow kicks 20 slow punches	29	800 kicks 800 punches 120 push-ups	30	1000 kicks 1000 punches 120 push-ups



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