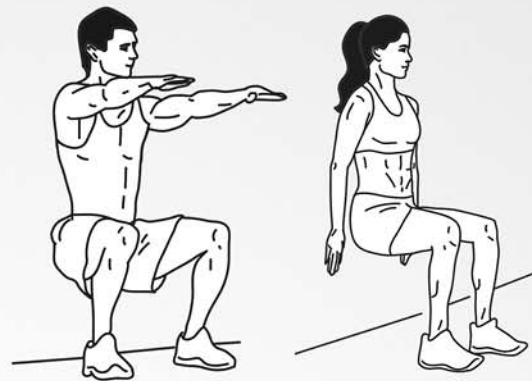


WALL-SIT

30-DAY CHALLENGE @ darebee.com



1 20 seconds wall-sit	2 30 seconds wall-sit	3 40 seconds wall-sit	4 20 seconds wall-sit	5 50 seconds wall-sit
6 60 seconds wall-sit	7 1min 10sec wall-sit	8 20 seconds wall-sit	9 1min 20sec wall-sit	10 1min 30sec wall-sit
11 1min 40sec wall-sit	12 20 seconds wall-sit	13 1min 50sec wall-sit	14 2 minutes wall-sit	15 2min 10sec wall-sit
16 20 seconds wall-sit	17 2min 20sec wall-sit	18 2min 30sec wall-sit	19 2min 40sec wall-sit	20 20 seconds wall-sit
21 2min 50sec wall-sit	22 3 minutes wall-sit	23 3min 10sec wall-sit	24 20 seconds wall-sit	25 3min 20sec wall-sit
26 3min 30sec wall-sit	27 3min 40sec wall-sit	28 20 seconds wall-sit	29 3min 50sec wall-sit	30 4 minutes wall-sit