



Day	Beginner	Intermediate	Advanced	Day	Beginner	Intermediate	Advanced
1	5	6	9	16	18	32	48
2	6	8	12	17	19	34	51
3	7	10	15	18	20	36	54
4	8	12	18	19	21	38	57
5	9	14	21	20	22	40	60
6	10	16	24	21	Rest	Rest	Rest
7	Rest	Rest	Rest	22	23	42	63
8	11	18	27	23	24	44	66
9	12	20	30	24	25	46	69
10	13	22	33	25	26	48	72
11	14	24	36	26	27	50	75
12	15	26	39	27	28	52	78
13	16	28	42	28	Rest	Rest	Rest
14	Rest	Rest	Rest	29	29	54	81
15	17	30	45	30	30	56	84

Goals for the Day!

See how many reps you can do in 30 seconds or challenge yourself to the reps listed and accomplish your personal best!

Ask Your Coach for Details and Sign Up Today!