

<b>Day 1:</b> Move 1 x 10 each Move 7 x 3 each	<b>Day 2:</b> Move 1 x 12 each Move 8 x 10 reps	<b>Day 3:</b> Move 2 x 10 reps Move 7 x 5 each	<b>Day 4:</b> Move 2 x 12 reps Move 8 x 12 reps	<b>Day 5:</b> Move 1 x 15 each Move 2 x 12 reps	<b>Day 6:</b> Move 7 x 8 each Move 8 x 15 reps	<b>Day 7:</b> REST
<b>Day 8:</b> Move 4 x 5 reps Move 6 x 5 reps	<b>Day 9:</b> Move 4 x 8 reps Move 10 x 8 reps	<b>Day 10:</b> Move 5 x 5 each Move 6 x 8 reps	<b>Day 11:</b> Move 5 x 8 each Move 10 x 10 reps	<b>Day 12:</b> Move 4 x 10 reps Move 5 x 8 each	<b>Day 13:</b> Move 6 x 10 reps Move 10 x 12 reps	<b>Day 14:</b> REST
<b>Day 15:</b> Move 3 x 10 reps Move 9 x 5 reps	<b>Day 16:</b> Move 3 x 12 reps Move 7 x 5 reps	<b>Day 17:</b> Move 1 x 10 each Move 9 x 8 reps	<b>Day 18:</b> Move 1 x 12 each Move 7 x 8 reps	<b>Day 19:</b> Move 3 x 16 reps Move 1 x 15 each	<b>Day 20:</b> Move 9 x 10 reps Move 7 x 10 reps	<b>Day 21:</b> REST
<b>Day 22:</b> Move 2 x 10 reps Move 6 x 10 reps	<b>Day 23:</b> Move 1 x 10 each Move 7 x 5 reps	<b>Day 24:</b> Move 3 x 10 reps Move 8 x 10 reps	<b>Day 25:</b> Move 4 x 5 each Move 9 x 5 reps	<b>Day 26:</b> Move 5 x 5 each Move 2 x 10 reps	<b>Day 22:</b> Move 10 x 10 reps Move 6 x 10 reps	<b>Day 28:</b> REST
<b>Day 29:</b> Move 5 x 5 each Move 2 x 10 reps	<b>Day 30:</b> Move 10 x 10 reps Move 6 x 10 reps					