



# Back to school, back to YOU!

Challenge yourself  
this September!

## 30-day BACK challenge

<b>1</b> 5 reverse flies 10 bridge pullovers 2 renegade rows 10 sec superman	<b>2</b> 8 reverse flies 15 bridge pullovers 4 renegade rows 15 sec superman	<b>3</b> 10 reverse flies 20 bridge pullovers 8 renegade rows 20 sec superman	<b>4</b> <b>REST DAY!</b>	<b>5</b> 12 reverse flies 25 bridge pullovers 12 renegade rows 25 sec superman	<b>6</b> 15 reverse flies 18 bridge pullovers 14 renegade rows 30 sec superman	<b>7</b> 18 reverse flies 30 bridge pullovers 15 renegade rows 40 sec superman
<b>8</b> <b>REST DAY!</b>	<b>9</b> 25 reverse flies 32 bridge pullovers 18 renegade rows 45 sec superman	<b>10</b> 30 reverse flies 35 bridge pullovers 20 renegade rows 50 sec superman	<b>11</b> 35 reverse flies 40 bridge pullovers 25 renegade rows 1 min superman	<b>12</b> <b>REST DAY!</b>	<b>13</b> 45 reverse flies 45 bridge pullovers 30 renegade rows 70 sec superman	<b>14</b> 50 reverse flies 50 bridge pullovers 35 renegade rows 80 sec superman
<b>15</b> 55 reverse flies 55 bridge pullovers 40 renegade rows 90 sec superman	<b>16</b> <b>REST DAY!</b>	<b>17</b> 60 reverse flies 60 bridge pullovers 45 renegade rows 100 sec superman	<b>18</b> 65 reverse flies 65 bridge pullovers 50 renegade rows 110 sec superman	<b>19</b> 70 reverse flies 70 bridge pullovers 55 renegade rows 115 sec superman	<b>20</b> <b>REST DAY!</b>	<b>21</b> 80 reverse flies 80 bridge pullovers 60 renegade rows 2 min superman
<b>22</b> 85 reverse flies 85 bridge pullovers 65 renegade rows 2 min superman	<b>23</b> 90 reverse flies 90 bridge pullovers 70 renegade rows 2 min superman	<b>24</b> <b>REST DAY!</b>	<b>25</b> 95 reverse flies 95 bridge pullovers 75 renegade rows 2 min superman	<b>26</b> 100 reverse flies 100 bridge pullovers 80 renegade rows 2 min superman	<b>27</b> 105 reverse flies 105 bridge pullovers 85 renegade rows 2 min superman	<b>28</b> <b>REST DAY!</b>
<b>29</b> 115 reverse flies 115 bridge pullovers 90 renegade rows 150 sec superman	<b>30</b> 125 reverse flies 125 bridge pullovers 100 renegade rows 3 min superman					

\*The number of renegade rows indicates per side.

\*Exercises may be done in smaller sets.

\*Modify the above exercises as needed to suite your individual fitness level.