

1000 in 30 DAYS



CHALLENGE

DAY	SETS	DAY TOTAL	RUNNING TOTAL	✓
1	1x10	10	10	
2	1x10	10	20	
3	1x10	10	30	
4	1x10	10	40	
5	1x10	10	50	
6	2x10	20	70	
7	REST		70	
8	2x10	20	90	
9	2x10	20	110	
10	2x10	20	130	
11	1x20	20	150	
12	1x20	20	170	
13	2x15	30	200	
14	REST		200	
15	2x15	30	230	
16	2x15	30	260	
17	2x20	40	300	
18	2x20	40	340	
19	2x20	40	380	
20	2x20	40	420	
21	REST		420	
22	3x20	60	480	
23	3x20	60	540	
24	2x30	60	600	
25	2x30	60	660	
26	2x30	60	720	
27	3x30	90	810	
28	REST		810	
29	3x30	90	900	
30	1x35 1x35 1x30	100	1000	

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