

office friendly

posture

30-day challenge



@ darebee.com

1 10 side bends repeat twice morning & evening	2 20 micro chest expansions 3 sets in total throughout the day	3 12 side bends repeat twice morning & evening	4 22 micro chest expansions 3 sets in total throughout the day	5 14 side bends repeat twice morning & evening
6 24 micro chest expansions 3 sets in total throughout the day	7 16 side bends repeat twice morning & evening	8 26 micro chest expansions 3 sets in total throughout the day	9 20 side bends repeat twice morning & evening	10 30 micro chest expansions 3 sets in total throughout the day
11 22 side bends repeat twice morning & evening	12 32 micro chest expansions 3 sets in total throughout the day	13 24 side bends repeat twice morning & evening	14 34 micro chest expansions 3 sets in total throughout the day	15 26 side bends repeat twice morning & evening
16 36 micro chest expansions 3 sets in total throughout the day	17 30 side bends repeat twice morning & evening	18 40 micro chest expansions 3 sets in total throughout the day	19 32 side bends repeat twice morning & evening	20 42 micro chest expansions 3 sets in total throughout the day
21 34 side bends repeat twice morning & evening	22 44 micro chest expansions 3 sets in total throughout the day	23 36 side bends repeat twice morning & evening	24 46 micro chest expansions 3 sets in total throughout the day	25 40 side bends repeat twice morning & evening
26 50 micro chest expansions 3 sets in total throughout the day	27 42 side bends repeat twice morning & evening	28 52 micro chest expansions 3 sets in total throughout the day	29 44 side bends repeat twice morning & evening	30 54 micro chest expansions 3 sets in total throughout the day