

HARD

RESET

STRENGTH

HARD RESET STRENGTH

Day 1

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Level I 3 sets

Level II 4 sets

Level III 5 sets

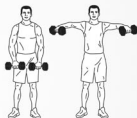
2 minutes rest between sets



12 bicep curls



6 upright rows



6 lateral raises



6 shoulder press



6 bent over rows

HARD RESET STRENGTH

Day 2

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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



12 lunges



12 side lunges



12 calf raises



12 goblet squats

HARD RESET STRENGTH

Day 3

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Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.



Hold each pose for 60 seconds then move on to the next one.



HARD RESET STRENGTH

Day 4

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PART 1



80 side leg raises



80 back leg raises



40 side-to-side lunges

PART 2



2 minutes splits hold
go as low as you can

HARD RESET STRENGTH

Day 5

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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



12 deadlifts



6 bent over lateral raises



12 bicep curls



6 bent over rows



6 shrugs

HARD RESET STRENGTH

Day 6

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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



12 squats



12 reverse lunges



12 calf raises

HARD RESET STRENGTH

Day 7

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30sec side leg raises



30sec hold



30sec raised leg kicks

Repeat the sequence again on the other side.



30sec leg raises



30sec hold



30sec raised leg circles

Repeat the sequence again on the other side.

HARD RESET STRENGTH

Day 8

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20 knee rolls



20 downward upward dog



10 back extensions



10 back arches



10 stretches

HARD RESET STRENGTH

Day 9

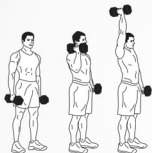
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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



12 hammer curl into shoulder press



6 upright rows



6 lateral raises



6 bent over rows

HARD RESET STRENGTH

Day 10

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Level I 3 sets

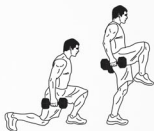
Level II 4 sets

Level III 5 sets

2 minutes rest between sets



12 lunges



12 lunge step-ups



12 side lunges



12 calf raises

HARD RESET STRENGTH

Day 11

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Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.

1



2



3



Hold each pose for 60 seconds then move on to the next one.

1



2



3



HARD RESET STRENGTH

Day 12

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PART 1



100 side leg raises



100 back leg raises



50 side-to-side lunges

PART 2



2 minutes splits hold

go as low as you can

HARD RESET STRENGTH

Day 13

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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



14 deadlifts



8 bent over lateral raises



14 bicep curls



8 bent over rows



8 shrugs

HARD RESET STRENGTH

Day 14

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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



14 squats



14 reverse lunges



14 calf raises

HARD RESET STRENGTH

Day 15

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40sec side leg raises



40sec hold



40sec raised leg kicks

Repeat the sequence again on the other side.



40sec leg raises



40sec hold



40sec raised leg circles

Repeat the sequence again on the other side.

HARD RESET STRENGTH

Day 16

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24 knee rolls



24 downward upward dog



12 back extensions



12 back arches



12 stretches

HARD RESET STRENGTH

Day 17

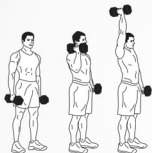
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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



14 hammer curl into shoulder press



8 upright rows



8 lateral raises



8 bent over rows

HARD RESET STRENGTH

Day 18

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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



14 lunges



14 side lunges



14 calf raises



14 goblet squats

HARD RESET STRENGTH

Day 19

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Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.



Hold each pose for 60 seconds then move on to the next one.



HARD RESET STRENGTH

Day 20

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PART 1



120 side leg raises



120 back leg raises



60 side-to-side lunges

PART 2



2 minutes splits hold
go as low as you can

HARD RESET STRENGTH

Day 21

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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



14 bicep curls



8 upright rows



8 lateral raises



8 shoulder press



14 bent over rows

HARD RESET STRENGTH

Day 22

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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



16 squats



16 reverse lunges



16 calf raises

HARD RESET STRENGTH

Day 23

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60sec side leg raises



60sec hold



60sec raised leg kicks

Repeat the sequence again on the other side.



60sec leg raises



60sec hold



60sec raised leg circles

Repeat the sequence again on the other side.

HARD RESET STRENGTH

Day 24

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26 knee rolls



26 downward upward dog



14 back extensions



14 back arches



14 stretches

HARD RESET STRENGTH

Day 25

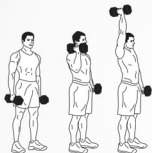
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Level I 3 sets

Level II 4 sets

Level III 5 sets

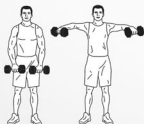
2 minutes rest between sets



16 hammer curl into shoulder press



10 upright rows



10 lateral raises



10 bent over rows

HARD RESET STRENGTH

Day 26

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Level I 3 sets

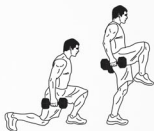
Level II 4 sets

Level III 5 sets

2 minutes rest between sets



16 lunges



16 lunge step-ups



16 side lunges



16 calf raises

HARD RESET STRENGTH

Day 27

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Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.



Hold each pose for 60 seconds then move on to the next one.



HARD RESET STRENGTH

Day 28

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PART 1



140 side leg raises



140 back leg raises



80 side-to-side lunges

PART 2



2 minutes splits hold

go as low as you can

HARD RESET STRENGTH

Day 29

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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



16 deadlifts



12 bent over lateral raises



16 bicep curls



12 bent over rows



12 shrugs

HARD RESET STRENGTH

Day 30

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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



18 squats



18 reverse lunges



18 calf raises