

Desafio 30 flexões

semana	dia	série	total rep.	evolução
1	1	2-2-1-1-1	7	7
1	2	3-3-2-2-1	11	4
1	3	5-4-3-2-3	17	6
2	1	4-5-4-4-5	22	5
2	2	5-6-4-4-7	26	4
2	3	6-7-5-5-6	29	3
3	1	8-7-7-7-5	34	5
3	2	8-10-7-7-10	42	8
3	3	10-10-8-7-7-3-3	48	14
4	1	10-12-9-9-13	53	11
4	2	11-13-9-9-13	55	2
4	3	13-13-11-9-9-6-6	67	12
5	1	13-15-11-11-17	67	0
5	2	12-17-13-13-17	72	5
5	3	17-17-13-13-12-8-8	88	16
6	1	16-21-15-15-21	88	0
6	2	25-25	50	-38
6	3	30	30	-20