



30 Days Challenge Wim Hof Method

1 1 cycle breathing	2 2 cycles breathing	3 30 seconds cold shower	4 3 cycles breathing	5 45 seconds cold shower	6 3 cycles breathing	7 3 cycles breathing + 45 s shower
8 relax in a warm bath	9 3 cycles breathing	10 1 minute cold shower	11 3 cycles breathing	12 1 min 30 s cold shower	13 3 cycles breathing	14 3 cycles + 2 minutes cold shower
15 relax in a warm bath	16 3 cycles + 2 minutes cold shower	17 3 cycles + 2 minutes cold shower	18 3 cycles + 2 minutes cold shower	19 3 cycles + 2 minutes cold shower	20 3 cycles + 2 minutes cold shower	21 3 cycles + 2 minutes cold shower
22 4 cycles breathing	23 2 min 30 s cold shower	24 3 cycles breathing	25 3 min cold shower	26 3 cycles breathing	27 3 min cold shower	28 3 cycles + 3 min 30 s cold shower
29 4 minutes cold shower	30 5 minutes ice bath	Good Luck, Improve every day				

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