

THE GUARDIAN



30-DAY CHALLENGE

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1 1 min march steps 1 min rest 3 sets	2 20 calf raises 10-count hold 3 sets 30sec rest	3 1 min march steps 1 min rest 3 sets	4 20 calf raises 10-count hold 3 sets 30sec rest	5 1 min march steps 1 min rest 3 sets
6 20 calf raises 10-count hold 3 sets 30sec rest	7 2 min march steps 1 min rest 3 sets	8 22 calf raises 12-count hold 3 sets 30sec rest	9 2 min march steps 1 min rest 3 sets	10 22 calf raises 12-count hold 3 sets 30sec rest
11 2 min march steps 1 min rest 3 sets	12 22 calf raises 12-count hold 3 sets 30sec rest	13 3 min march steps 1 min rest 3 sets	14 24 calf raises 14-count hold 3 sets 30sec rest	15 3 min march steps 1 min rest 3 sets
16 24 calf raises 14-count hold 3 sets 30sec rest	17 3 min march steps 1 min rest 3 sets	18 24 calf raises 14-count hold 3 sets 30sec rest	19 4 min march steps 1 min rest 3 sets	20 26 calf raises 16-count hold 3 sets 30sec rest
21 4 min march steps 1 min rest 3 sets	22 26 calf raises 16-count hold 3 sets 30sec rest	23 4 min march steps 1 min rest 3 sets	24 26 calf raises 16-count hold 3 sets 30sec rest	25 5 min march steps 1 min rest 3 sets
26 28 calf raises 18-count hold 3 sets 30sec rest	27 5 min march steps 1 min rest 3 sets	28 28 calf raises 18-count hold 3 sets 30sec rest	29 5 min march steps 1 min rest 3 sets	30 30 calf raises 20-count hold 3 sets 30sec rest