

ACTION HERO



— 30-DAY CHALLENGE —

© darebee.com

1 30 high knees 3 sets 30sec rest	2 15 crunches 30 side leg raises 3 sets 30sec rest	3 30 high knees 4 sets 30sec rest	4 15 crunches 30 side leg raises 4 sets 30sec rest	5 40 high knees 3 sets 30sec rest
6 20 crunches 40 side leg raises 3 sets 30sec rest	7 40 high knees 4 sets 30sec rest	8 20 crunches 40 side leg raises 4 sets 30sec rest	9 50 high knees 3 sets 30sec rest	10 25 crunches 50 side leg raises 3 sets 30sec rest
11 50 high knees 4 sets 30sec rest	12 25 crunches 50 side leg raises 4 sets 30sec rest	13 60 high knees 3 sets 30sec rest	14 30 crunches 60 side leg raises 3 sets 30sec rest	15 60 high knees 4 sets 30sec rest
16 30 crunches 60 side leg raises 4 sets 30sec rest	17 70 high knees 3 sets 30sec rest	18 35 crunches 70 side leg raises 3 sets 30sec rest	19 70 high knees 4 sets 30sec rest	20 35 crunches 70 side leg raises 4 sets 30sec rest
21 80 high knees 3 sets 30sec rest	22 40 crunches 80 side leg raises 3 sets 30sec rest	23 80 high knees 4 sets 30sec rest	24 40 crunches 80 side leg raises 4 sets 30sec rest	25 90 high knees 3 sets 30sec rest
26 45 crunches 90 side leg raises 3 sets 30sec rest	27 90 high knees 4 sets 30sec rest	28 45 crunches 90 side leg raises 4 sets 30sec rest	29 100 high knees 3 sets 30sec rest	30 50 crunches 100 side leg raises 3 sets 30sec rest