

before breakfast **CARDIO**



— 30-DAY CHALLENGE —

darebee.com

1 10 jumping jacks 3 sets 30sec rest	2 6 basic burpees 3 sets 30sec rest	3 15 jumping jacks 3 sets 30sec rest	4 7 basic burpees 3 sets 30sec rest	5 20 jumping jacks 3 sets 30sec rest
6 8 basic burpees 3 sets 30sec rest	7 25 jumping jacks 3 sets 30sec rest	8 9 basic burpees 3 sets 30sec rest	9 30 jumping jacks 3 sets 30sec rest	10 10 basic burpees 3 sets 30sec rest
11 35 jumping jacks 3 sets 30sec rest	12 11 basic burpees 3 sets 30sec rest	13 40 jumping jacks 3 sets 30sec rest	14 12 basic burpees 3 sets 30sec rest	15 45 jumping jacks 3 sets 30sec rest
16 13 basic burpees 3 sets 30sec rest	17 50 jumping jacks 3 sets 30sec rest	18 14 basic burpees 3 sets 30sec rest	19 55 jumping jacks 3 sets 30sec rest	20 15 basic burpees 3 sets 30sec rest
21 60 jumping jacks 3 sets 30sec rest	22 16 basic burpees 3 sets 30sec rest	23 65 jumping jacks 3 sets 30sec rest	24 17 basic burpees 3 sets 30sec rest	25 70 jumping jacks 3 sets 30sec rest
26 18 basic burpees 3 sets 30sec rest	27 75 jumping jacks 3 sets 30sec rest	28 19 basic burpees 3 sets 30sec rest	29 80 jumping jacks 3 sets 30sec rest	30 20 basic burpees 3 sets 30sec rest