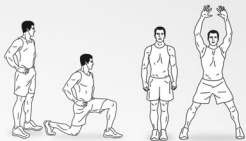


# STAMINA UPGRADE

— 30-DAY CHALLENGE —



 [darebee.com](https://darebee.com)

1 22 lunges 4 sets   30sec rest	2 2 minutes jumping jacks non-stop	3 22 lunges 4 sets   30sec rest	4 2 minutes jumping jacks non-stop	5 22 lunges 4 sets   30sec rest
6 2 minutes jumping jacks non-stop	7 24 lunges 4 sets   30sec rest	8 2 minutes jumping jacks non-stop	9 24 lunges 4 sets   30sec rest	10 2 minutes jumping jacks non-stop
11 24 lunges 4 sets   30sec rest	12 2 minutes jumping jacks non-stop	13 26 lunges 4 sets   30sec rest	14 2 minutes jumping jacks non-stop	15 26 lunges 4 sets   30sec rest
16 2 minutes jumping jacks non-stop	17 26 lunges 4 sets   30sec rest	18 2 minutes jumping jacks non-stop	19 28 lunges 4 sets   30sec rest	20 2 minutes jumping jacks non-stop
21 28 lunges 4 sets   30sec rest	22 2 minutes jumping jacks non-stop	23 28 lunges 4 sets   30sec rest	24 2 minutes jumping jacks non-stop	25 30 lunges 4 sets   30sec rest
26 2 minutes jumping jacks non-stop	27 30 lunges 4 sets   30sec rest	28 2 minutes jumping jacks non-stop	29 30 lunges 4 sets   30sec rest	30 2 minutes jumping jacks non-stop