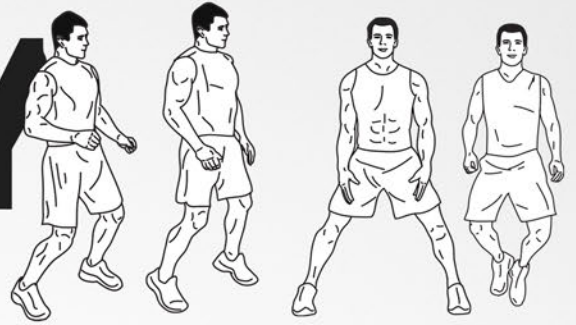


# AGILITY

30-Day Challenge @ [darebee.com](https://darebee.com)



1 <b>1 minute</b> bounce 3 sets in total 30sec rest	2 <b>10 bounce</b> 1 hop heel click 3 sets in total 30sec rest	3 <b>1 minute</b> bounce 3 sets in total 30sec rest	4 <b>10 bounce</b> 1 hop heel click 3 sets in total 30sec rest	5 <b>1 minute</b> bounce 3 sets in total 30sec rest
6 <b>10 bounce</b> 1 hop heel click 3 sets in total 30sec rest	7 <b>1min 30sec</b> bounce 3 sets in total 30sec rest	8 <b>10 bounce</b> 2 hop heel clicks 3 sets in total 30sec rest	9 <b>1min 30sec</b> bounce 3 sets in total 30sec rest	10 <b>10 bounce</b> 2 hop heel clicks 3 sets in total 30sec rest
11 <b>1min 30sec</b> bounce 3 sets in total 30sec rest	12 <b>10 bounce</b> 2 hop heel clicks 3 sets in total 30sec rest	13 <b>2 minutes</b> bounce 3 sets in total 30sec rest	14 <b>10 bounce</b> 3 hop heel click 3 sets in total 30sec rest	15 <b>2 minutes</b> bounce 3 sets in total 30sec rest
16 <b>10 bounce</b> 3 hop heel click 3 sets in total 30sec rest	17 <b>2 minutes</b> bounce 3 sets in total 30sec rest	18 <b>10 bounce</b> 3 hop heel click 3 sets in total 30sec rest	19 <b>2min 30sec</b> bounce 3 sets in total 30sec rest	20 <b>10 bounce</b> 4 hop heel click 3 sets in total 30sec rest
21 <b>2min 30sec</b> bounce 3 sets in total 30sec rest	22 <b>10 bounce</b> 4 hop heel click 3 sets in total 30sec rest	23 <b>2min 30sec</b> bounce 3 sets in total 30sec rest	24 <b>10 bounce</b> 4 hop heel click 3 sets in total 30sec rest	25 <b>3 minutes</b> bounce 3 sets in total 30sec rest
26 <b>10 bounce</b> 5 hop heel click 3 sets in total 30sec rest	27 <b>3 minutes</b> bounce 3 sets in total 30sec rest	28 <b>10 bounce</b> 5 hop heel click 3 sets in total 30sec rest	29 <b>3 minutes</b> bounce 3 sets in total 30sec rest	30 <b>10 bounce</b> 5 hop heel click 3 sets in total 30sec rest