

before breakfast **CARDIO**



— 30-DAY CHALLENGE —

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