

# BOXER



## 30-DAY CHALLENGE

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1 1min high knees 1min rest 4 sets	2 10 push-ups 40 punches 4 sets   20sec rest	3 400 punches throughout the day	4 1min non-stop: 1 push-up 4 punches	5 20sec high knees 20sec punches 4 sets   no rest
6 10 push-ups 40 punches 4 sets   no rest	7 800 punches throughout the day	8 1min non-stop: 1 push-up 4 punches	9 1min high knees 1min rest 5 sets	10 10 push-ups 40 punches 5 sets   20sec rest
11 1200 punches throughout the day	12 1min non-stop: 1 push-up 4 punches	13 20sec high knees 20sec punches 5 sets   no rest	14 10 push-ups 40 punches 5 sets   no rest	15 1400 punches throughout the day
16 2min non-stop: 1 push-up 4 punches	17 1min high knees 1min rest 6 sets	18 10 push-ups 40 punches 6 sets   20sec rest	19 1600 punches throughout the day	20 2min non-stop: 1 push-up 4 punches
21 20sec high knees 20sec punches 6 sets   no rest	22 10 push-ups 40 punches 6 sets   no rest	23 1800 punches throughout the day	24 2min non-stop: 1 push-up 4 punches	25 1min high knees 1min rest 7 sets
26 10 push-ups 40 punches 7 sets   20sec rest	27 2000 punches throughout the day	28 3min non-stop: 1 push-up 4 punches	29 20sec high knees 20sec punches 7 sets   no rest	30 10 push-ups 40 punches 7 sets   no rest