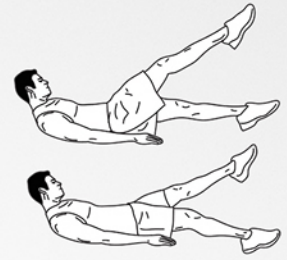
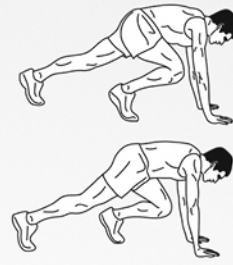


cardio & abs



30-DAY CHALLENGE

@ darebee.com

1 20 high knees 20 climbers 3 sets 1 min rest	2 100 flutter kicks in total for the day	3 1min high knees as fast as you can 3 sets 1 min rest	4 1min flutter kicks 1 min rest 3 sets	5 20 high knees 20 climbers 4 sets 1 min rest
6 140 flutter kicks in total for the day	7 1min high knees as fast as you can 3 sets 1 min rest	8 1min flutter kicks 1 min rest 3 sets	9 30 high knees 30 climbers 3 sets 1 min rest	10 180 flutter kicks in total for the day
11 1min high knees as fast as you can 3 sets 1 min rest	12 1min flutter kicks 1 min rest 3 sets	13 30 high knees 30 climbers 4 sets 1 min rest	14 220 flutter kicks in total for the day	15 1min high knees as fast as you can 3 sets 1 min rest
16 1min flutter kicks 1 min rest 3 sets	17 40 high knees 40 climbers 3 sets 1 min rest	18 260 flutter kicks in total for the day	19 1min high knees as fast as you can 3 sets 1 min rest	20 1min flutter kicks 1 min rest 3 sets
21 40 high knees 40 climbers 4 sets 1 min rest	22 300 flutter kicks in total for the day	23 1min high knees as fast as you can 3 sets 1 min rest	24 1min flutter kicks 1 min rest 3 sets	25 50 high knees 50 climbers 3 sets 1 min rest
26 340 flutter kicks in total for the day	27 1min high knees as fast as you can 3 sets 1 min rest	28 1min flutter kicks 1 min rest 3 sets	29 50 high knees 50 climbers 4 sets 1 min rest	30 400 flutter kicks in total for the day