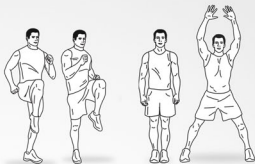


DAILY CARDIO

30-DAY CHALLENGE @ darebee.com



1 22 high knees 3 sets 30sec rest	2 22 jumping jacks 3 sets 30sec rest	3 24 high knees 3 sets 30sec rest	4 24 jumping jacks 3 sets 30sec rest	5 26 high knees 3 sets 30sec rest
6 26 jumping jacks 3 sets 30sec rest	7 28 high knees 3 sets 30sec rest	8 28 jumping jacks 3 sets 30sec rest	9 30 high knees 3 sets 30sec rest	10 30 jumping jacks 3 sets 30sec rest
11 32 high knees 3 sets 30sec rest	12 32 jumping jacks 3 sets 30sec rest	13 34 high knees 3 sets 30sec rest	14 34 jumping jacks 3 sets 30sec rest	15 36 high knees 3 sets 30sec rest
16 36 jumping jacks 3 sets 30sec rest	17 38 high knees 3 sets 30sec rest	18 38 jumping jacks 3 sets 30sec rest	19 40 high knees 3 sets 30sec rest	20 40 jumping jacks 3 sets 30sec rest
21 42 high knees 3 sets 30sec rest	22 42 jumping jacks 3 sets 30sec rest	23 44 high knees 3 sets 30sec rest	24 44 jumping jacks 3 sets 30sec rest	25 46 high knees 3 sets 30sec rest
26 46 jumping jacks 3 sets 30sec rest	27 48 high knees 3 sets 30sec rest	28 48 jumping jacks 3 sets 30sec rest	29 50 high knees 3 sets 30sec rest	30 50 jumping jacks 3 sets 30sec rest