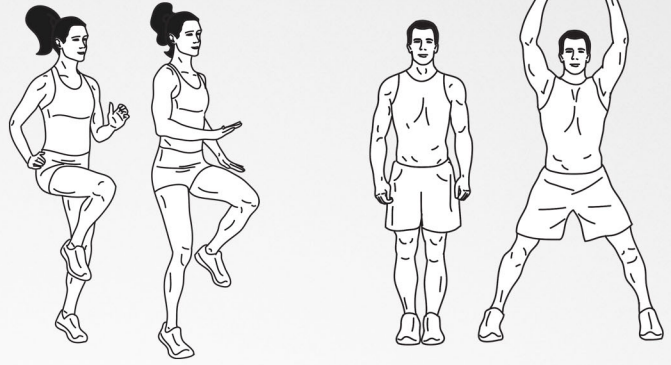


DAILY CARDIO

30-DAY CHALLENGE



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