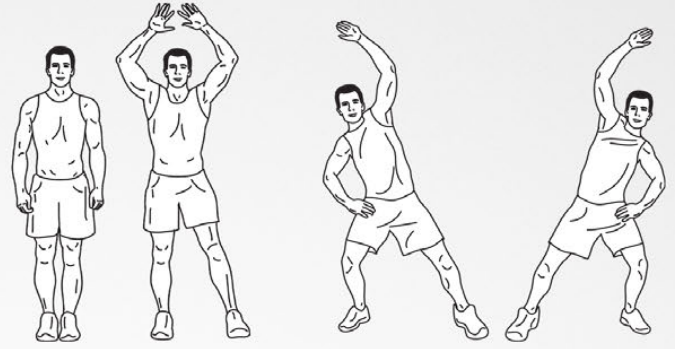


# EASY CARDIO

— 30-DAY CHALLENGE —



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1 10 step jacks 4 side jacks 4 sets   no rest	2 50 step jacks in total throughout the day	3 10 step jacks 4 side jacks 4 sets   no rest	4 50 step jacks in total throughout the day	5 12 step jacks 4 side jacks 4 sets   no rest
6 60 step jacks in total throughout the day	7 12 step jacks 4 side jacks 4 sets   no rest	8 60 step jacks in total throughout the day	9 14 step jacks 4 side jacks 4 sets   no rest	10 70 step jacks in total throughout the day
11 14 step jacks 4 side jacks 4 sets   no rest	12 70 step jacks in total throughout the day	13 16 step jacks 4 side jacks 4 sets   no rest	14 80 step jacks in total throughout the day	15 16 step jacks 4 side jacks 4 sets   no rest
16 80 step jacks in total throughout the day	17 18 step jacks 4 side jacks 4 sets   no rest	18 90 step jacks in total throughout the day	19 18 step jacks 4 side jacks 4 sets   no rest	20 90 step jacks in total throughout the day
21 20 step jacks 4 side jacks 4 sets   no rest	22 100 step jacks in total throughout the day	23 20 step jacks 4 side jacks 4 sets   no rest	24 100 step jacks in total throughout the day	25 22 step jacks 4 side jacks 4 sets   no rest
26 110 step jacks in total throughout the day	27 22 step jacks 4 side jacks 4 sets   no rest	28 110 step jacks in total throughout the day	29 24 step jacks 4 side jacks 4 sets   no rest	30 120 step jacks in total throughout the day