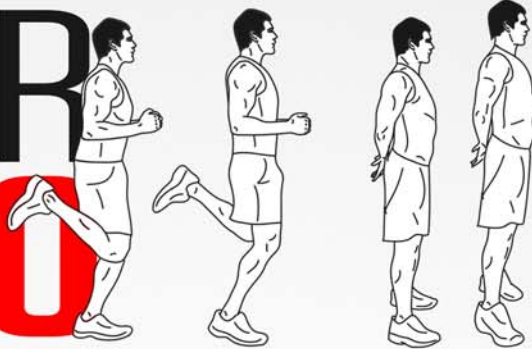


INDOOR CARDIO



30-DAY
CHALLENGE

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1 1 minute butt kicks 3 sets in total 30sec rest	2 8 calf raises 3 sets in total 30sec rest	3 1 minute butt kicks 3 sets in total 30sec rest	4 8 calf raises 3 sets in total 30sec rest	5 1 minute butt kicks 3 sets in total 30sec rest
6 8 calf raises 3 sets in total 30sec rest	7 1min 30sec butt kicks 3 sets in total 30sec rest	8 10 calf raises 3 sets in total 30sec rest	9 1min 30sec butt kicks 3 sets in total 30sec rest	10 10 calf raises 3 sets in total 30sec rest
11 1min 30sec butt kicks 3 sets in total 30sec rest	12 10 calf raises 3 sets in total 30sec rest	13 2 minutes butt kicks 3 sets in total 30sec rest	14 12 calf raises 3 sets in total 30sec rest	15 2 minutes butt kicks 3 sets in total 30sec rest
16 12 calf raises 3 sets in total 30sec rest	17 2 minutes butt kicks 3 sets in total 30sec rest	18 12 calf raises 3 sets in total 30sec rest	19 2min 30sec butt kicks 3 sets in total 30sec rest	20 14 calf raises 3 sets in total 30sec rest
21 2min 30sec butt kicks 3 sets in total 30sec rest	22 14 calf raises 3 sets in total 30sec rest	23 2min 30sec butt kicks 3 sets in total 30sec rest	24 14 calf raises 3 sets in total 30sec rest	25 3 minutes butt kicks 3 sets in total 30sec rest
26 16 calf raises 3 sets in total 30sec rest	27 3 minutes butt kicks 3 sets in total 30sec rest	28 16 calf raises 3 sets in total 30sec rest	29 3 minutes butt kicks 3 sets in total 30sec rest	30 16 calf raises 3 sets in total 30sec rest