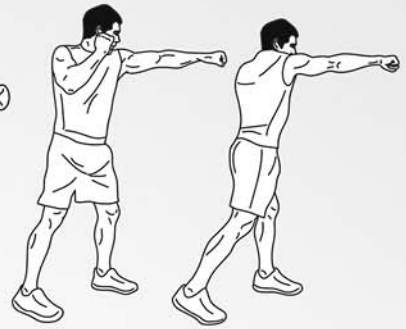


KICKS & PUNCHES



30-DAY CHALLENGE

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1 20 side kicks 3 sets in total 30sec rest	2 20 punches 3 sets in total 30sec rest	3 100 side kicks in total throughout the day	4 100 punches in total throughout the day	5 20 side kicks 4 sets in total 30sec rest
6 20 punches 4 sets in total 30sec rest	7 150 side kicks in total throughout the day	8 150 punches in total throughout the day	9 30 side kicks 3 sets in total 30sec rest	10 30 punches 3 sets in total 30sec rest
11 200 side kicks in total throughout the day	12 200 punches in total throughout the day	13 30 side kicks 4 sets in total 30sec rest	14 30 punches 4 sets in total 30sec rest	15 250 side kicks in total throughout the day
16 250 punches in total throughout the day	17 40 side kicks 3 sets in total 30sec rest	18 40 punches 3 sets in total 30sec rest	19 300 side kicks in total throughout the day	20 300 punches in total throughout the day
21 40 side kicks 4 sets in total 30sec rest	22 40 punches 4 sets in total 30sec rest	23 350 side kicks in total throughout the day	24 350 punches in total throughout the day	25 50 side kicks 3 sets in total 30sec rest
26 50 punches 3 sets in total 30sec rest	27 400 side kicks in total throughout the day	28 400 punches in total throughout the day	29 50 side kicks 4 sets in total 30sec rest	30 50 punches 4 sets in total 30sec rest