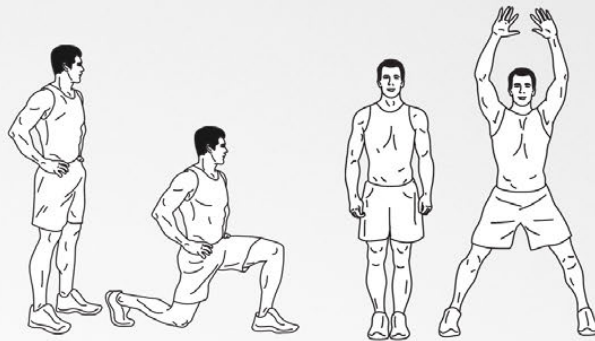


# STAMINA UPGRADE



## 30-DAY CHALLENGE

 [darebee.com](https://darebee.com)

1 22 lunges 30sec rest 4 sets	2 2 minutes jumping jacks non-stop	3 22 lunges 30sec rest 4 sets	4 2 minutes jumping jacks non-stop	5 22 lunges 30sec rest 4 sets
6 2 minutes jumping jacks non-stop	7 24 lunges 30sec rest 4 sets	8 2 minutes jumping jacks non-stop	9 24 lunges 30sec rest 4 sets	10 2 minutes jumping jacks non-stop
11 24 lunges 30sec rest 4 sets	12 2 minutes jumping jacks non-stop	13 26 lunges 30sec rest 4 sets	14 2 minutes jumping jacks non-stop	15 26 lunges 30sec rest 4 sets
16 2 minutes jumping jacks non-stop	17 26 lunges 30sec rest 4 sets	18 2 minutes jumping jacks non-stop	19 28 lunges 30sec rest 4 sets	20 2 minutes jumping jacks non-stop
21 28 lunges 30sec rest 4 sets	22 2 minutes jumping jacks non-stop	23 28 lunges 30sec rest 4 sets	24 2 minutes jumping jacks non-stop	25 30 lunges 30sec rest 4 sets
26 2 minutes jumping jacks non-stop	27 30 lunges 30sec rest 4 sets	28 2 minutes jumping jacks non-stop	29 30 lunges 30sec rest 4 sets	30 2 minutes jumping jacks non-stop