

cardio &

abs



— 30-DAY CHALLENGE —

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1 20 high knees 20 climbers 3 sets 1 min rest	2 100 flutter kicks throughout the day	3 1min high knees as fast as you can 3 sets 1 min rest	4 1min flutter kicks 3 sets 1 min rest	5 20 high knees 20 climbers 4 sets 1 min rest
6 140 flutter kicks throughout the day	7 1min high knees as fast as you can 3 sets 1 min rest	8 1min flutter kicks 3 sets 1 min rest	9 30 high knees 30 climbers 3 sets 1 min rest	10 180 flutter kicks throughout the day
11 1min high knees as fast as you can 3 sets 1 min rest	12 1min flutter kicks 1 min rest 3 sets	13 30 high knees 30 climbers 4 sets 1 min rest	14 220 flutter kicks throughout the day	15 1min high knees as fast as you can 3 sets 1 min rest
16 1min flutter kicks 3 sets 1 min rest	17 40 high knees 40 climbers 3 sets 1 min rest	18 260 flutter kicks throughout the day	19 1min high knees as fast as you can 3 sets 1 min rest	20 1min flutter kicks 3 sets 1 min rest
21 40 high knees 40 climbers 4 sets 1 min rest	22 300 flutter kicks throughout the day	23 1min high knees as fast as you can 3 sets 1 min rest	24 1min flutter kicks 3 sets 1 min rest	25 50 high knees 50 climbers 3 sets 1 min rest
26 340 flutter kicks throughout the day	27 1min high knees as fast as you can 3 sets 1 min rest	28 1min flutter kicks 3 sets 1 min rest	29 50 high knees 50 climbers 4 sets 1 min rest	30 400 flutter kicks throughout the day