

cardio

split total reps
into manageable sets



— 30-DAY CHALLENGE —

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1 40 high knees 20 climbers	2 60 high knees 40 climbers	3 20 high knees 60 climbers	4 40 high knees 20 climbers	5 60 high knees 40 climbers
6 60 high knees 20 climbers	7 80 high knees 40 climbers	8 40 high knees 20 climbers	9 80 high knees 40 climbers	10 80 high knees 60 climbers
11 100 high knees 20 climbers	12 80 high knees 40 climbers	13 40 high knees 40 climbers	14 80 high knees 60 climbers	15 100 high knees 60 climbers
16 140 high knees 40 climbers	17 100 high knees 40 climbers	18 40 high knees 80 climbers	19 100 high knees 40 climbers	20 140 high knees 60 climbers
21 160 high knees 40 climbers	22 120 high knees 60 climbers	23 60 high knees 20 climbers	24 100 high knees 40 climbers	25 160 high knees 20 climbers
26 200 high knees 20 climbers	27 160 high knees 40 climbers	28 100 high knees 20 climbers	29 100 high knees 80 climbers	30 240 high knees 60 climbers