

endurance



30-DAY CHALLENGE



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1 1 minute high knees non-stop	2 30 seconds elbow plank in one go	3 1min 30sec high knees non-stop	4 40 seconds elbow plank in one go	5 2 minutes high knees non-stop
6 60 seconds elbow plank in one go	7 2min 30sec high knees non-stop	8 1min 20sec elbow plank in one go	9 3 minutes high knees non-stop	10 1min 40sec elbow plank in one go
11 3min 30sec high knees non-stop	12 2 minutes elbow plank in one go	13 4 minutes high knees non-stop	14 2min 20sec elbow plank in one go	15 4min 30sec high knees non-stop
16 2min 40sec elbow plank in one go	17 5 minutes high knees non-stop	18 3 minutes elbow plank in one go	19 5min 30sec high knees non-stop	20 3min 20sec elbow plank in one go
21 6 minutes high knees non-stop	22 3min 40sec elbow plank in one go	23 6min 30sec high knees non-stop	24 4 minutes elbow plank in one go	25 7 minutes high knees non-stop
26 4min 20sec elbow plank in one go	27 7min 30sec high knees non-stop	28 4min 40sec elbow plank in one go	29 8 minutes high knees non-stop	30 5 minutes elbow plank in one go