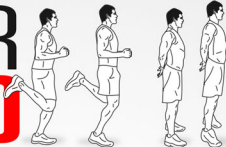


INDOOR CARDIO



30-DAY CHALLENGE
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| | | | | |
|---|--|---|---|--|
| 1 1 minute butt kicks 3 sets 30sec rest | 2 8 calf raises 3 sets 30sec rest | 3 1 minute butt kicks 3 sets 30sec rest | 4 8 calf raises 3 sets 30sec rest | 5 1 minute butt kicks 3 sets 30sec rest |
| 6 8 calf raises 3 sets 30sec rest | 7 1min 30sec butt kicks 3 sets 30sec rest | 8 10 calf raises 3 sets 30sec rest | 9 1min 30sec butt kicks 3 sets 30sec rest | 10 10 calf raises 3 sets 30sec rest |
| 11 1min 30sec butt kicks 3 sets 30sec rest | 12 10 calf raises 3 sets 30sec rest | 13 2 minutes butt kicks 3 sets 30sec rest | 14 12 calf raises 3 sets 30sec rest | 15 2 minutes butt kicks 3 sets 30sec rest |
| 16 12 calf raises 3 sets 30sec rest | 17 2 minutes butt kicks 3 sets 30sec rest | 18 12 calf raises 3 sets 30sec rest | 19 2min 30sec butt kicks 3 sets 30sec rest | 20 14 calf raises 3 sets 30sec rest |
| 21 2min 30sec butt kicks 3 sets 30sec rest | 22 14 calf raises 3 sets 30sec rest | 23 2min 30sec butt kicks 3 sets 30sec rest | 24 14 calf raises 3 sets 30sec rest | 25 3 minutes butt kicks 3 sets 30sec rest |
| 26 16 calf raises 3 sets 30sec rest | 27 3 minutes butt kicks 3 sets 30sec rest | 28 16 calf raises 3 sets 30sec rest | 29 3 minutes butt kicks 3 sets 30sec rest | 30 16 calf raises 3 sets 30sec rest |