

KICK MASTER



30-DAY CHALLENGE @ darebee.com

1 40 turning kicks 40 side kicks in total	2 10 slow side kicks 10 fast side kicks 2 sets 30sec rest	3 20 turning kicks 20 side kicks 2 sets 30sec rest	4 4 balance kicks side & turning both <i>each leg, no putting your foot down</i>	5 40 double side kicks low / mid height throughout the day
6 40 turning kicks switch legs halfway 2 sets 30sec rest	7 60 double turning kicks low / mid height throughout the day	8 6 balance kicks side & turning both <i>each leg, no putting your foot down</i>	9 40 turning kicks 40 side kicks 2 sets 30sec rest	10 80 turning kicks switch legs halfway in total
11 80 double side kicks low / mid height throughout the day	12 8 balance kicks side & turning both <i>each leg, no putting your foot down</i>	13 100 turning kicks 100 side kicks in total	14 40 turning kicks 40 side kicks 2 sets 30sec rest	15 140 turning kicks switch legs halfway in total
16 10 balance kicks side & turning both <i>each leg, no putting your foot down</i>	17 80 double turning kicks low / mid height throughout the day	18 160 side kicks switch legs halfway in total	19 120 turning kicks 120 side kicks in total	20 12 balance kicks side & turning both <i>each leg, no putting your foot down</i>
21 100 double side kicks low / mid height throughout the day	22 140 turning kicks 140 side kicks in total	23 20 slow side kicks 20 fast side kicks 3 sets 30sec rest	24 14 balance kicks side & turning both <i>each leg, no putting your foot down</i>	25 160 side kicks switch legs halfway in total
26 160 turning kicks 160 side kicks in total	27 100 double turning kicks low / mid height throughout the day	28 40 turning kicks 40 side kicks 3 sets 30sec rest	29 16 balance kicks side & turning both <i>each leg, no putting your foot down</i>	30 200 turning kicks 200 side kicks in total