

KICKS & PUNCHES



— 30-DAY CHALLENGE —

@ darebee.com

1 20 side kicks 3 sets 30sec rest	2 20 punches 3 sets 30sec rest	3 100 side kicks throughout the day	4 100 punches throughout the day	5 20 side kicks 4 sets 30sec rest
6 20 punches 4 sets 30sec rest	7 150 side kicks throughout the day	8 150 punches throughout the day	9 30 side kicks 3 sets 30sec rest	10 30 punches 3 sets 30sec rest
11 200 side kicks throughout the day	12 200 punches throughout the day	13 30 side kicks 4 sets 30sec rest	14 30 punches 4 sets 30sec rest	15 250 side kicks throughout the day
16 250 punches throughout the day	17 40 side kicks 3 sets 30sec rest	18 40 punches 3 sets 30sec rest	19 300 side kicks throughout the day	20 300 punches throughout the day
21 40 side kicks 4 sets 30sec rest	22 40 punches 4 sets 30sec rest	23 350 side kicks throughout the day	24 350 punches throughout the day	25 50 side kicks 3 sets 30sec rest
26 50 punches 3 sets 30sec rest	27 400 side kicks throughout the day	28 400 punches throughout the day	29 50 side kicks 4 sets 30sec rest	30 50 punches 4 sets 30sec rest