

make over



— 30-DAY CHALLENGE —

© darebee.com

1 30sec high knees 30sec march steps 3 sets no rest	2 10 flutter kicks 30sec march steps 3 sets 30sec rest	3 30sec high knees 30sec march steps 4 sets no rest	4 10 flutter kicks 30sec march steps 4 sets 30sec rest	5 30sec high knees 30sec march steps 5 sets no rest
6 10 flutter kicks 5 sets 30sec rest	7 30sec high knees 30sec march steps 6 sets no rest	8 20 flutter kicks 30sec march steps 3 sets 30sec rest	9 30sec high knees 30sec march steps 7 sets no rest	10 20 flutter kicks 4 sets 30sec rest
11 30sec high knees 30sec march steps 8 sets no rest	12 20 flutter kicks 30sec march steps 5 sets 30sec rest	13 30sec high knees 30sec march steps 9 sets no rest	14 30 flutter kicks 30sec march steps 3 sets 30sec rest	15 30sec high knees 30sec march steps 10 sets no rest
16 30 flutter kicks 4 sets 30sec rest	17 1min high knees 1min march steps 5 sets no rest	18 30 flutter kicks 30sec march steps 5 sets 30sec rest	19 1min high knees 1min march steps 6 sets no rest	20 40 flutter kicks 3 sets 30sec rest
21 1min high knees 1min march steps 7 sets no rest	22 40 flutter kicks 30sec march steps 4 sets 30sec rest	23 1min high knees 1min march steps 8 sets no rest	24 40 flutter kicks 30sec march steps 5 sets 30sec rest	25 1min high knees 1min march steps 9 sets no rest
26 50 flutter kicks 3 sets 30sec rest	27 1min high knees 1min march steps 10 sets no rest	28 50 flutter kicks 30sec march steps 4 sets 30sec rest	29 2min high knees 1min march steps 7 sets no rest	30 50 flutter kicks 5 sets 30sec rest