

micro**HIT****30-DAY CHALLENGE**© **darebee.com**

1 10sec high knees 10sec climbers 10sec high knees 3 sets 60sec rest	2 10sec burpees 10sec rest 10sec burpees 3 sets 60sec rest	3 10sec slow climbers 10sec fast climbers 3 sets 60sec rest	4 20sec burpees 3 sets 20sec rest	5 10sec high knees 10sec climbers 10sec high knees 4 sets 60sec rest
6 10sec burpees 10sec rest 10sec burpees 4 sets 60sec rest	7 10sec slow climbers 10sec fast climbers 4 sets 60sec rest	8 20sec burpees 3 sets 20sec rest	9 20sec high knees 20sec climbers 20sec high knees 3 sets 60sec rest	10 20sec burpees 20sec rest 20sec burpees 3 sets 60sec rest
11 20sec slow climbers 20sec fast climbers 3 sets 60sec rest	12 20sec burpees 4 sets 20sec rest	13 20sec high knees 20sec climbers 20sec high knees 4 sets 60sec rest	14 20sec burpees 20sec rest 20sec burpees 4 sets 60sec rest	15 20sec slow climbers 20sec fast climbers 4 sets 60sec rest
16 20sec burpees 4 sets 20sec rest	17 20sec high knees 20sec climbers 20sec high knees 5 sets 60sec rest	18 20sec burpees 20sec rest 20sec burpees 5 sets 60sec rest	19 20sec slow climbers 20sec fast climbers 5 sets 60sec rest	20 20sec burpees 5 sets 20sec rest
21 20sec high knees 20sec climbers 20sec high knees 5 sets 40sec rest	22 20sec burpees 20sec rest 20sec burpees 4 sets 40sec rest	23 20sec slow climbers 20sec fast climbers 4 sets 40sec rest	24 20sec burpees 4 sets 20sec rest	25 20sec high knees 20sec climbers 20sec high knees 6 sets 40sec rest
26 20sec burpees 20sec rest 20sec burpees 5 sets 40sec rest	27 20sec slow climbers 20sec fast climbers 5 sets 20sec rest	28 20sec burpees 6 sets 20sec rest	29 20sec high knees 20sec climbers 20sec high knees 5 sets 20sec rest	30 20sec burpees 20sec rest 20sec burpees 5 sets 20sec rest