

# TARGET

# 10



10 MINUTES A DAY. FOR 30 DAYS.

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1 1min high knees 1min jumping jacks 5 sets   1min rest	2 20sec squats 20sec sit-ups 20sec squats 10 sets   1min rest	3 10 minutes punches non-stop	4 40sec squats 20sec shoulder taps 7 sets   1min rest finish 3min squats	5 20sec high knees 20sec climbers 20sec high knees 10 sets   1min rest
6 1min sit-ups 1min flutter kicks 5 sets   2min rest	7 10 minutes side-to-side leg raises non-stop	8 30sec jumping jacks 30sec plank jacks 7 sets   1min rest finish 3min jacks	9 20sec squats 20sec punches 20sec squats 10 sets   1min rest	10 1min climbers 1min flutter kicks 5 sets   2min rest
11 10 minutes punches non-stop	12 20sec high knees 20sec jumping jacks 20sec high knees 10 sets   1min rest	13 30sec punches 30sec shoulder taps 7 sets   1min rest finish 3min punches	14 1min squats 1min flutter kicks 5 sets   2min rest	15 10 minutes side-to-side leg raises non-stop
16 1min jumping jacks 1min punches 4 sets   2min rest finish 2min sit-ups	17 20sec high knees 20sec climbers 20sec high knees 10 sets   1min rest	18 40sec squats 20sec shoulder taps 7 sets   1min rest finish: 3min squats	19 10 minutes punches non-stop	20 30sec high knees 30sec climbers 30sec high knees 30sec plank jacks 5 sets   2min rest
21 20sec squats 20sec sit-ups 20sec flutter kicks 10 sets   1min rest	22 1min jumping jacks 1min high knees 4 sets   2min rest finish 2min climbers	23 10 minutes side-to-side leg raises non-stop	24 40sec squats 20sec shoulder taps 7 sets   1min rest finish 3min squats	25 1min jumping jacks 10 sets   1min rest
26 30sec high knees 30sec flutter kicks 30sec high knees 30sec sit-ups 5 sets   2min rest	27 10 minutes punches non-stop	28 40sec punches 20sec shoulder taps 7 sets   1min rest finish 3min punches	29 1min sit-ups 1min flutter kicks 5 sets   2min rest	30 10 minutes side-to-side leg raises non-stop