































# 1-minute cardio

Repeat the exercises for each day for 60 seconds, every day for 30 days. **Go flat out.**

30-Day Challenge © [darebee.com](http://darebee.com)

1  jumping jacks	2  butt kicks	3  march twists	4  split jacks	5  seal jacks
6  high knees	7  half jacks	8  side jacks	9  jumping Ts	10  toe tap hops
11  hops on the spot	12  side-to-side jumps	13  squats	14  knee strikes	15  climbers
16  skiers	17  knee-to-elbows	18  side leg raises	19  squat step-ups	20  straight leg bounds
21  squat hold punches	22  lunges with twists	23  windmills	24  shoulder taps	25  lunge step-ups
26  single leg hops	27  climber taps	28  jumping lunges	29  jump squats	30  basic burpees