

cardio & core



— 30-DAY CHALLENGE —

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