

# cardio **blast**



30-DAY CHALLENGE

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Split into manageable sets.

1 50 jumping jacks	2 60 high knees	3 100 jumping jacks	4 80 high knees	5 150 jumping jacks
6 100 high knees	7 200 jumping jacks	8 120 high knees	9 250 jumping jacks	10 140 high knees
11 300 jumping jacks	12 160 high knees	13 350 jumping jacks	14 180 high knees	15 400 jumping jacks
16 200 high knees	17 450 jumping jacks	18 220 high knees	19 500 jumping jacks	20 240 high knees
21 550 jumping jacks	22 260 high knees	23 600 jumping jacks	24 280 high knees	25 650 jumping jacks
26 300 high knees	27 700 jumping jacks	28 320 high knees	29 750 jumping jacks	30 340 high knees