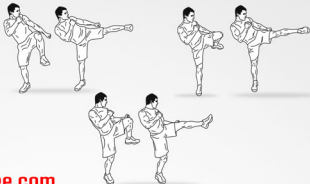


# DAILY KICKS

30-DAY CHALLENGE @ [darebee.com](http://darebee.com)



1 22 side kicks 3 sets   30sec rest	2 22 turning kicks 3 sets   30sec rest	3 22 front kicks 3 sets   30sec rest	4 24 side kicks 3 sets   30sec rest	5 24 turning kicks 3 sets   30sec rest
6 24 front kicks 3 sets   30sec rest	7 26 side kicks 3 sets   30sec rest	8 26 turning kicks 3 sets   30sec rest	9 26 front kicks 3 sets   30sec rest	10 28 side kicks 3 sets   30sec rest
11 28 turning kicks 3 sets   30sec rest	12 28 front kicks 3 sets   30sec rest	13 30 side kicks 3 sets   30sec rest	14 30 turning kicks 3 sets   30sec rest	15 30 front kicks 3 sets   30sec rest
16 32 side kicks 3 sets   30sec rest	17 32 turning kicks 3 sets   30sec rest	18 32 front kicks 3 sets   30sec rest	19 34 side kicks 3 sets   30sec rest	20 34 turning kicks 3 sets   30sec rest
21 34 front kicks 3 sets   30sec rest	22 36 side kicks 3 sets   30sec rest	23 36 turning kicks 3 sets   30sec rest	24 36 front kicks 3 sets   30sec rest	25 38 side kicks 3 sets   30sec rest
26 38 turning kicks 3 sets   30sec rest	27 38 front kicks 3 sets   30sec rest	28 40 side kicks 3 sets   30sec rest	29 40 turning kicks 3 sets   30sec rest	30 40 front kicks 3 sets   30sec rest