

impact



30-DAY CHALLENGE [© darebee.com](https://darebee.com)

split total reps into manageable sets

1 20 jump squats 20 plank jump-ins 20 basic burpees	2 20 calf raises	3 20 jump knee-tucks	4 60 seconds plank hold	5 40 jump squats 40 plank jump-ins 40 basic burpees
6 40 calf raises	7 40 jump knee-tucks	8 2 minutes plank hold	9 50 jump squats 50 plank jump-ins 50 basic burpees	10 50 calf raises
11 50 jump knee-tucks	12 4 minutes plank hold	13 60 jump squats 60 plank jump-ins 60 basic burpees	14 60 calf raises	15 60 jump knee-tucks
16 6 minutes plank hold	17 70 jump squats 70 plank jump-ins 70 basic burpees	18 70 calf raises	19 70 jump knee-tucks	20 8 minutes plank hold
21 80 jump squats 80 plank jump-ins 80 basic burpees	22 80 calf raises	23 80 jump knee-tucks	24 10 minutes plank hold	25 100 jump squats 100 plank jump-ins 100 basic burpees
26 100 calf raises	27 100 jump knee-tucks	28 12 minutes plank hold	29 120 jump squats 120 plank jump-ins 120 basic burpees	30 120 calf raises