



# LEVEL UP!



— 30-DAY CHALLENGE —

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|  |  |  |  |   |
|--|--|--|--|---|
| 1<br>20 high knees<br>20 climbers<br>5 sets   30sec rest       | 2<br>20 lunges<br>20 shoulder taps<br>5 sets   30sec rest    | 3<br>2 minutes<br>high knees<br>non-stop                   | 4<br>30 shoulder taps<br>7 sets   30sec rest               | 5<br>40 lunges<br>40 high knees<br>3 sets   30sec rest    |
| 6<br>2 minutes<br>climbers<br>non-stop                         | 7<br>30 high knees<br>30 climbers<br>5 sets   30sec rest     | 8<br>30 lunges<br>30 shoulder taps<br>5 sets   30sec rest  | 9<br>80 lunges<br>throughout<br>the day                    | 10<br>30 climbers<br>7 sets   30sec rest                  |
| 11<br>40 high knees<br>40 shoulder taps<br>5 sets   30sec rest | 12<br>2 minutes<br>lunges<br>non-stop                        | 13<br>40 high knees<br>40 climbers<br>5 sets   30sec rest  | 14<br>40 lunges<br>40 shoulder taps<br>5 sets   30sec rest | 15<br>3 minutes<br>high knees<br>non-stop                 |
| 16<br>80 shoulder taps<br>throughout<br>the day                | 17<br>30 climbers<br>7 sets   30sec rest                     | 18<br>50 lunges<br>50 shoulder taps<br>3 sets   30sec rest | 19<br>3 minutes<br>climbers<br>non-stop                    | 20<br>100 lunges<br>throughout<br>the day                 |
| 21<br>30 high knees<br>7 sets   30sec rest                     | 22<br>40 climbers<br>40 shoulder taps<br>5 sets   30sec rest | 23<br>40 lunges<br>40 high knees<br>5 sets   30sec rest    | 24<br>100 shoulder taps<br>throughout<br>the day           | 25<br>4 minutes<br>high knees<br>non-stop                 |
| 26<br>60 climbers<br>60 shoulder taps<br>3 sets   30sec rest   | 27<br>30 lunges<br>7 sets   30sec rest                       | 28<br>100 high knees<br>throughout<br>the day              | 29<br>50 lunges<br>50 shoulder taps<br>5 sets   30sec rest | 30<br>50 high knees<br>50 climbers<br>5 sets   30sec rest |