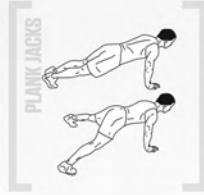
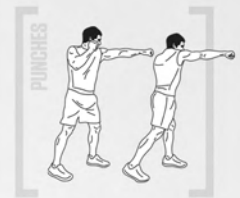


TARGET

10



10 MINUTES A DAY. FOR 30 DAYS.

@ darebee.com

1 1min high knees 1min jumping jacks 1min rest 5 sets	2 20sec squats 20sec sit-ups 20sec squats 1min rest 10 sets	3 10 minutes punches non-stop	4 40sec squats 20sec shoulder taps 1min rest 7 sets finish: 3min squats	5 20sec high knees 20sec climbers 20sec high knees 1min rest 10 sets
6 1min sit-ups 1min flutter kicks 2min rest 5 sets	7 10 minutes side-to-side leg raises non-stop	8 30sec jumping jacks 30sec plank jacks 1min rest 7 sets finish: 3min jacks	9 20sec squats 20sec punches 20sec squats 1min rest 10 sets	10 1min climbers 1min flutter kicks 2min rest 5 sets
11 10 minutes punches non-stop	12 20sec high knees 20sec jumping jacks 20sec high knees 1min rest 10 sets	13 30sec punches 30sec shoulder taps 1min rest 7 sets finish: 3min punches	14 1min squats 1min flutter kicks 2min rest 5 sets	15 10 minutes side-to-side leg raises non-stop
16 1min jumping jacks 1min punches 2min rest 4 sets finish: 2min sit-ups	17 20sec high knees 20sec climbers 20sec high knees 1min rest 10 sets	18 40sec squats 20sec shoulder taps 1min rest 7 sets finish: 3min squats	19 10 minutes punches non-stop	20 30sec high knees 30sec climbers 30sec high knees 30sec plank jacks 2min rest 5 sets
21 20sec squats 20sec sit-ups 20sec flutter kicks 1min rest 10 sets	22 1min jumping jacks 1min high knees 2min rest 4 sets finish: 2min climbers	23 10 minutes side-to-side leg raises non-stop	24 40sec squats 20sec shoulder taps 1min rest 7 sets finish: 3min squats	25 1min jumping jacks 1min rest 10 sets
26 30sec high knees 30sec flutter kicks 30sec high knees 30sec sit-ups 2min rest 5 sets	27 10 minutes punches non-stop	28 40sec punches 20sec shoulder taps 1min rest 7 sets finish: 3min punches	29 1min sit-ups 1min flutter kicks 2min rest 5 sets	30 10 minutes side-to-side leg raises non-stop