



AGILITY



30-DAY CHALLENGE

 darebee.com

1 1 minute bounce 3 sets 30sec rest	2 10 bounce 1 hop heel click 3 sets 30sec rest	3 1 minute bounce 3 sets 30sec rest	4 10 bounce 1 hop heel click 3 sets 30sec rest	5 1 minute bounce 3 sets 30sec rest
6 10 bounce 1 hop heel click 3 sets 30sec rest	7 1min 30sec bounce 3 sets 30sec rest	8 10 bounce 2 hop heel click 3 sets 30sec rest	9 1min 30sec bounce 3 sets 30sec rest	10 10 bounce 2 hop heel click 3 sets 30sec rest
11 1min 30sec bounce 3 sets 30sec rest	12 10 bounce 2 hop heel click 3 sets 30sec rest	13 2 minutes bounce 3 sets 30sec rest	14 10 bounce 3 hop heel click 3 sets 30sec rest	15 2 minutes bounce 3 sets 30sec rest
16 10 bounce 3 hop heel click 3 sets 30sec rest	17 2 minutes bounce 3 sets 30sec rest	18 10 bounce 3 hop heel click 3 sets 30sec rest	19 2min 30sec bounce 3 sets 30sec rest	20 10 bounce 4 hop heel click 3 sets 30sec rest
21 2min 30sec bounce 3 sets 30sec rest	22 10 bounce 4 hop heel click 3 sets 30sec rest	23 2min 30sec bounce 3 sets 30sec rest	24 10 bounce 4 hop heel click 3 sets 30sec rest	25 3 minutes bounce 3 sets 30sec rest
26 10 bounce 5 hop heel click 3 sets 30sec rest	27 3 minutes bounce 3 sets 30sec rest	28 10 bounce 5 hop heel click 3 sets 30sec rest	29 3 minutes bounce 3 sets 30sec rest	30 10 bounce 5 hop heel click 3 sets 30sec rest