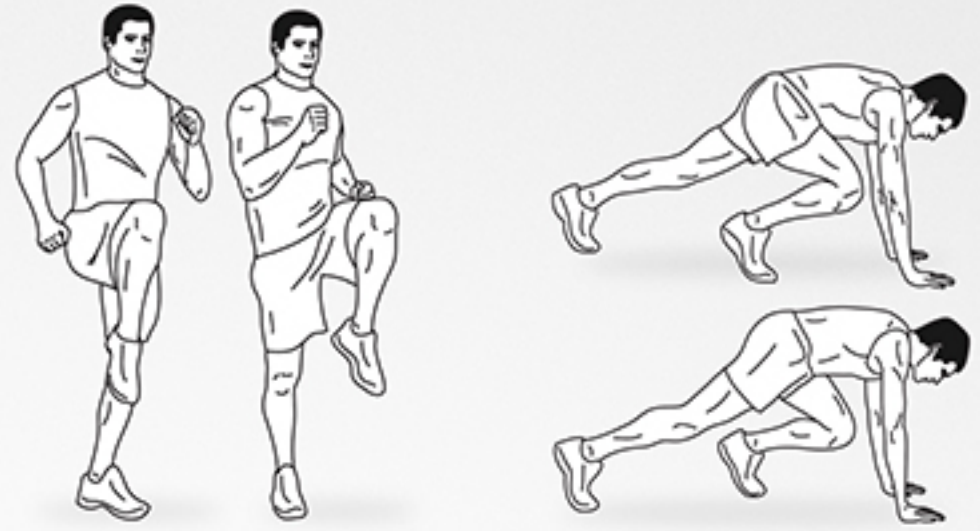


# EPIC CARDIO

— 30-DAY CHALLENGE —



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|   |   |   |   |   |
|---|---|---|---|---|
| 1<br>10 high knees   slow<br>10 high knees   sprint<br>5 sets   30sec rest  | 2<br>16<br>climbers   slow<br>5 sets   30sec rest                           | 3<br>12 high knees   slow<br>12 high knees   sprint<br>5 sets   30sec rest  | 4<br>16<br>climbers   fast<br>5 sets   30sec rest                           | 5<br>12 high knees   slow<br>12 high knees   sprint<br>5 sets   30sec rest  |
| 6<br>18<br>climbers   slow<br>5 sets   30sec rest                           | 7<br>14 high knees   slow<br>14 high knees   sprint<br>5 sets   30sec rest  | 8<br>18<br>climbers   fast<br>5 sets   30sec rest                           | 9<br>14 high knees   slow<br>14 high knees   sprint<br>5 sets   30sec rest  | 10<br>20<br>climbers   slow<br>5 sets   30sec rest                          |
| 11<br>16 high knees   slow<br>16 high knees   sprint<br>5 sets   30sec rest | 12<br>20<br>climbers   fast<br>5 sets   30sec rest                          | 13<br>16 high knees   slow<br>16 high knees   sprint<br>5 sets   30sec rest | 14<br>22<br>climbers   slow<br>5 sets   30sec rest                          | 15<br>18 high knees   slow<br>18 high knees   sprint<br>5 sets   30sec rest |
| 16<br>22<br>climbers   fast<br>5 sets   30sec rest                          | 17<br>18 high knees   slow<br>18 high knees   sprint<br>5 sets   30sec rest | 18<br>24<br>climbers   slow<br>5 sets   30sec rest                          | 19<br>20 high knees   slow<br>20 high knees   sprint<br>5 sets   30sec rest | 20<br>24<br>climbers   fast<br>5 sets   30sec rest                          |
| 21<br>20 high knees   slow<br>20 high knees   sprint<br>5 sets   30sec rest | 22<br>26<br>climbers   slow<br>5 sets   30sec rest                          | 23<br>22 high knees   slow<br>22 high knees   sprint<br>5 sets   30sec rest | 24<br>26<br>climbers   fast<br>5 sets   30sec rest                          | 25<br>22 high knees   slow<br>22 high knees   sprint<br>5 sets   30sec rest |
| 26<br>28<br>climbers   slow<br>5 sets   30sec rest                          | 27<br>24 high knees   slow<br>24 high knees   sprint<br>5 sets   30sec rest | 28<br>28<br>climbers   fast<br>5 sets   30sec rest                          | 29<br>24 high knees   slow<br>24 high knees   sprint<br>5 sets   30sec rest | 30<br>30<br>climbers   slow<br>5 sets   30sec rest                          |