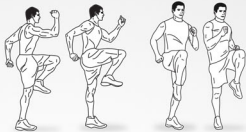


# walk & run



30-DAY CHALLENGE  
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1 10 march steps 10 high knees 5 sets   no rest	2 100 march steps throughout the day	3 10 march steps 10 high knees 5 sets   no rest	4 100 march steps throughout the day	5 10 march steps 10 high knees 5 sets   no rest
6 100 march steps throughout the day	7 10 march steps 10 high knees 5 sets   no rest	8 100 march steps throughout the day	9 10 march steps 10 high knees 5 sets   no rest	10 100 march steps throughout the day
11 10 march steps 10 high knees 5 sets   no rest	12 100 march steps throughout the day	13 10 march steps 10 high knees 5 sets   no rest	14 100 march steps throughout the day	15 10 march steps 10 high knees 5 sets   no rest
16 100 march steps throughout the day	17 10 march steps 10 high knees 5 sets   no rest	18 100 march steps throughout the day	19 10 march steps 10 high knees 5 sets   no rest	20 100 march steps throughout the day
21 10 march steps 10 high knees 5 sets   no rest	22 100 march steps throughout the day	23 10 march steps 10 high knees 5 sets   no rest	24 100 march steps throughout the day	25 10 march steps 10 high knees 5 sets   no rest
26 100 march steps throughout the day	27 10 march steps 10 high knees 5 sets   no rest	28 100 march steps throughout the day	29 10 march steps 10 high knees 5 sets   no rest	30 100 march steps throughout the day