

# Cardio

## 30-Day Challenge



**Day 1** 40 high knees, 20 climbers

**Day 2** 60 high knees, 40 climbers

**Day 3** 20 high knees, 60 climbers

**Day 4** 40 high knees, 20 climbers

**Day 5** 60 high knees, 40 climbers

**Day 6** 60 high knees, 20 climbers

**Day 7** 80 high knees, 40 climbers

**Day 8** 40 high knees, 20 climbers

**Day 9** 80 high knees, 40 climbers

**Day 10** 80 high knees, 60 climbers

**Day 11** 100 high knees, 20 climbers

**Day 12** 80 high knees, 40 climbers

**Day 13** 40 high knees, 40 climbers

**Day 14** 80 high knees, 60 climbers

**Day 15** 100 high knees, 60 climbers

**Day 16** 140 high knees, 40 climbers

**Day 17** 100 high knees, 40 climbers

**Day 18** 40 high knees, 80 climbers

**Day 19** 100 high knees, 40 climbers

**Day 20** 140 high knees, 60 climbers

**Day 21** 160 high knees, 40 climbers

**Day 22** 120 high knees, 60 climbers

**Day 23** 60 high knees, 20 climbers

**Day 24** 100 high knees, 40 climbers

**Day 25** 160 high knees, 20 climbers

**Day 26** 200 high knees, 20 climbers

**Day 27** 160 high knees, 40 climbers

**Day 28** 100 high knees, 20 climbers

**Day 29** 100 high knees, 80 climbers

**Day 30** 240 high knees, 60 climbers

# Everyone Can Exercise Cardio Challenge

**Liyong Dong**



## **Everyone Can Exercise Cardio Challenge:**

Embark on a transformative journey with Written by is captivating work, Discover the Magic in **Everyone Can Exercise Cardio Challenge** . This enlightening ebook, available for download in a convenient PDF format PDF Size: , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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