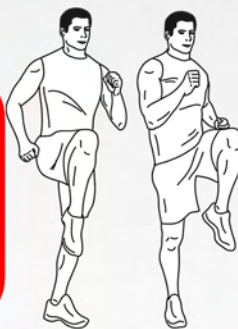


20,000



30-DAY CHALLENGE

HIGH KNEES

split total reps
into manageable sets

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1 200 high knees	2 400 high knees	3 200 high knees	4 500 high knees	5 200 high knees
6 600 high knees	7 200 high knees	8 700 high knees	9 200 high knees	10 800 high knees
11 200 high knees	12 900 high knees	13 200 high knees	14 1000 high knees	15 200 high knees
16 1100 high knees	17 200 high knees	18 1200 high knees	19 200 high knees	20 1300 high knees
21 200 high knees	22 1400 high knees	23 200 high knees	24 1600 high knees	25 200 high knees
26 1700 high knees	27 200 high knees	28 1800 high knees	29 200 high knees	30 2000 high knees