

30 DAY STEP CHALLENGE

Take part in the #ReebokStepChallenge, at home or in the studio. Go at your own pace and stop if something doesn't feel quite right. Always take a rest day.

SHARE YOUR PROGRESS USING #REEBOKSTEPCHALLENGE AND TAG @REEBOK_FITNESS ON INSTAGRAM

LOW STEP HEIGHT 15CM (5.9")						
01. LET'S GET STARTED WITH 6 STEPS PER LEG	02. 8 STEPS PER LEG	03. 10 STEPS PER LEG	04. 8 STEPS PER LEG HOLDING DUMBBELLS	05. 10 STEPS PER LEG HOLDING DUMBBELLS	06. FINISH THE 1ST WEEK WITH 12 STEPS PER LEG AND INCREASE YOUR DUMBBELL WEIGHT	07. REST
MEDIUM STEP HEIGHT 20CM (7.9")						
08. A NEW WEEK - BACK TO 6 STEPS PER LEG. THIS TIME, INCREASE THE STEP HEIGHT TO 20CM (7.9")	09. 8 STEPS PER LEG	10. 10 STEPS PER LEG	11. 8 STEPS PER LEG HOLDING DUMBBELLS	12. 10 STEPS PER LEG HOLDING DUMBBELLS	13. 12 STEPS PER LEG AND INCREASE YOUR DUMBBELL WEIGHT	14. REST
HIGH STEP 25CM (9.8")						
15. IT DOESN'T GET EASIER - YOU JUST GET STRONGER. 6 STEPS PER DAY AT 25CM	16. 8 STEPS PER LEG	17. 10 STEPS PER LEG	18. 8 STEPS PER LEG HOLDING DUMBBELLS	19. 10 STEPS PER LEG HOLDING DUMBBELLS	20. 12 STEPS PER LEG AND INCREASE YOUR DUMBBELL WEIGHT	21. REST
22. 1 WEEK TO GO! 6 STEPS PER LEG	23. 8 STEPS PER LEG	24. 10 STEPS PER LEG	25. 8 STEPS PER LEG HOLDING DUMBBELLS	26. 10 STEPS PER LEG HOLDING DUMBBELLS	27. 12 STEPS PER LEG AND INCREASE YOUR DUMBBELL WEIGHT	28. REST
29. YOUR PENULTIMATE DAY! 6 STEPS PER LEG	30. NEARLY DONE, FINISH IT WITH 10 STEP BURPEES!					