

30 days of
CARDIO
light

30 Days of **CARDIO** *light*

DAY 1

Level I 3 sets

Level II 5 sets

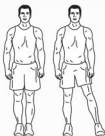
Level III 7 sets

2 minutes rest between sets

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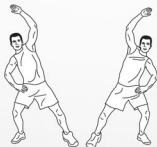
20 step jacks



20 step half jacks



20 step jacks



20 side jacks

30 Days of **CARDIO** *light*

DAY 2

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20 march steps



20 front leg raises



20 march steps



20 back leg raises

30 Days of **CARDIO** *light*

DAY 3

Level I 3 sets

Level II 5 sets

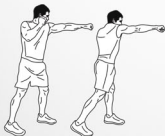
Level III 7 sets

2 minutes rest between sets

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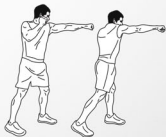
20 side jacks



20 punches



20 overhead punches



20 punches

30 Days of **CARDIO** *light*

DAY 4

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20 march jacks



20 step jacks



20 march jacks



20 step seal jacks

30 Days of **CARDIO** *light*

DAY 5

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20 back leg raises



20 march steps



20 back leg raises



20 scissor chops

30 Days of **CARDIO** *light*

DAY 6

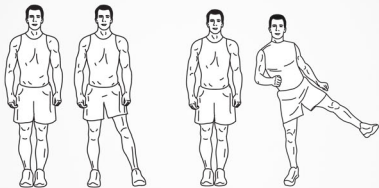
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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10 step half jacks

2 side leg raises

10 step half jacks

2 side leg raises

10 step half jacks

2 side leg raises

10 step half jacks

2 side leg raises

30 Days of **CARDIO** *light*

DAY 7

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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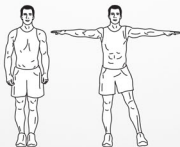
20 step jacks



20 march jacks



20 step jacks



20 step Ts

30 Days of **CARDIO** *light*

DAY 8

Level I 3 sets

Level II 5 sets

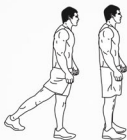
Level III 7 sets

2 minutes rest between sets

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20 march steps



20 back leg raises



20 march steps



20 knee-to-elbow

30 Days of **CARDIO** *light*

DAY 9

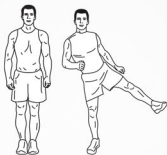
Level I 3 sets

Level II 5 sets

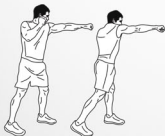
Level III 7 sets

2 minutes rest between sets

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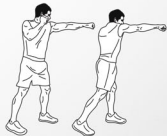
40 side leg raises



20 punches



20 overhead punches



20 punches

30 Days of **CARDIO** *light*

DAY 10

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

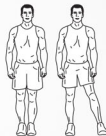
© darebee.com



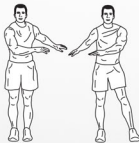
20 step half jacks



20 step jacks



20 step half jacks



20 step twist jacks

30 Days of **CARDIO** *light*

DAY 11

Level I 3 sets

Level II 5 sets

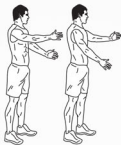
Level III 7 sets

2 minutes rest between sets

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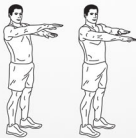
20 march steps



20 scissor chops



20 march steps



20 arm scissors

30 Days of **CARDIO** *light*

DAY 12

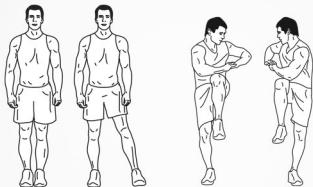
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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10 step half jacks

2 march twists

10 step half jacks

2 march twists

10 step half jacks

2 march twists

10 step half jacks

2 march twists

30 Days of **CARDIO** *light*

DAY 13

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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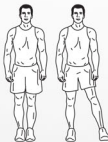
20 step seal jacks



20 knee-to-elbow



20 step seal jacks



20 step half jacks

30 Days of **CARDIO** *light*

DAY 14

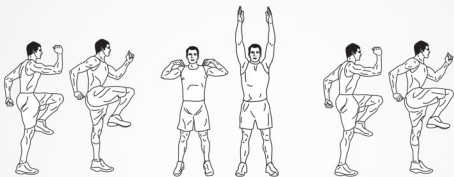
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

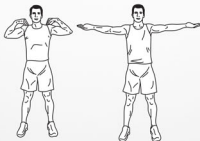
© darebee.com



20 march steps

20 shoulder taps

20 march steps



20 side shoulder taps

30 Days of **CARDIO** *light*

DAY 15

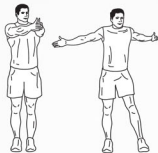
Level I 3 sets

Level II 5 sets

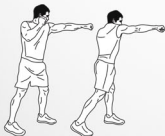
Level III 7 sets

2 minutes rest between sets

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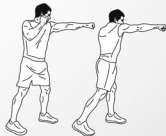
40 step seal jacks



20 punches



20 overhead punches



20 punches

30 Days of **CARDIO** *light*

DAY 16

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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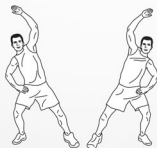
20 step jacks



20 knee-to-elbow



20 step jacks



20 side jacks

30 Days of **CARDIO** *light*

DAY 17

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

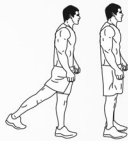
© darebee.com



20 back leg raises



20 march steps



20 back leg raises



20 arm circles

30 Days of **CARDIO** *light*

DAY 18

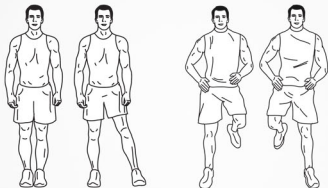
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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10 step half jacks

2 side-to-side steps

10 step half jacks

2 side-to-side steps

10 step half jacks

2 side-to-side steps

10 step half jacks

2 side-to-side steps

30 Days of **CARDIO** *light*

DAY 19

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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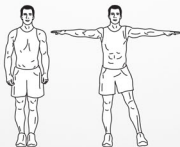
20 march jacks



20 step jacks



20 march jacks



20 step Ts

30 Days of **CARDIO** *light*

DAY 20

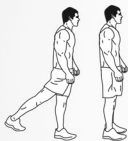
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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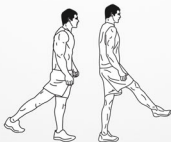
20 back leg raises



20 march steps



20 back leg raises



20 leg swings

30 Days of
CARDIO
light

DAY 21

Level I 3 sets

Level II 5 sets

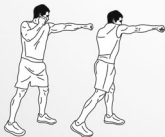
Level III 7 sets

2 minutes rest between sets

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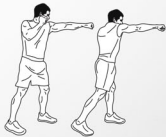
40 back leg raises



20 punches



20 overhead punches



20 punches

30 Days of **CARDIO** *light*

DAY 22

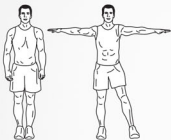
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

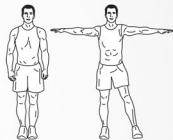
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20 step Ts



20 step half jacks



20 step Ts



20 step jacks

30 Days of **CARDIO** *light*

DAY 23

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20 arm circles



20 march steps



20 arm circles



20 shoulder taps

30 Days of **CARDIO** *light*

DAY 24

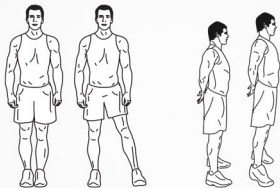
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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10 step half jacks

2 calf raises

10 step half jacks

2 calf raises

10 step half jacks

2 calf raises

10 step half jacks

2 calf raises

30 Days of **CARDIO** *light*

DAY 25

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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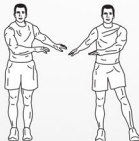
20 march jacks



20 step seal jacks



20 march jacks



20 step twist jacks

30 Days of **CARDIO** *light*

DAY 26

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20 side leg raises



20 back leg raises



20 side leg raises



20 front leg raises

30 Days of **CARDIO** *light*

DAY 27

Level I 3 sets

Level II 5 sets

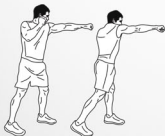
Level III 7 sets

2 minutes rest between sets

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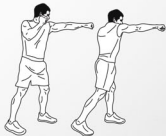
20 march steps



20 punches



20 overhead punches



20 punches

30 Days of **CARDIO** *light*

DAY 28

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20 knee-to-elbow



20 step jacks



20 knee-to-elbow



20 side jacks

30 Days of **CARDIO** *light*

DAY 29

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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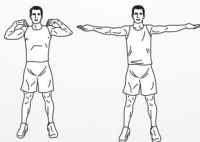
20 shoulder taps



20 march steps



20 shoulder taps



20 side shoulder taps

30 Days of **CARDIO** *light*

DAY 30

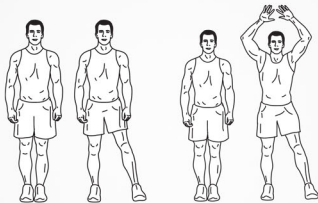
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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10 step half jacks

2 step jacks

10 step half jacks

2 step jacks

10 step half jacks

2 step jacks

10 step half jacks

2 step jacks