30 days of CHANGE

streamline
RUNNING + BODYWEIGHT TRAINING
30 days of CHANGE

Part I
Cardio
Level I: 30 minutes of walking
Level II: 30 minutes of jogging
Level III: 30 minutes of running

Part II
Circuit Focus Legs
Level I: 6 reps, 3 sets
Level II: 10 reps, 5 sets
Level III: 12 reps, 7 sets
up to 2 minutes rest between sets

lunge squats slow climbers
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Part I  Circuit

- 4 jumping jacks
- 4 high knees
- 10 jumping jacks
- 10 high knees
- 20 jumping jacks
- 20 high knees
- 10 jumping jacks
- 10 high knees
- 4 jumping jacks
- 4 high knees

5 sets
up to 2 minutes rest between sets

Part II  Endurance

1. plank
repeat 3 times during the day

- LEVEL I  30 seconds
- LEVEL II  2 minutes
- LEVEL III  3 minutes

2. wall-sit
repeat 3 times during the day

- LEVEL I  30 seconds
- LEVEL II  2 minutes
- LEVEL III  3 minutes

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Day 3

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**Part I**
Cardio

60 minutes
spread throughout the day
walk, jog or run
bike, swim or row

**Part II**
Circuit
Focus Abs

Level I 6 reps  Level II 10 reps  Level III 20 reps
repeat 5 times - all levels
up to 2 minutes rest between sets

- sit-ups
- sitting twists
- flutter kicks
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Day 4

Part I
Cardio

- warm-up 2 minute walk
- 1 minute run then 1 minute walk
- 2 minute run then 2 minute walk
- 3 minute run then 3 minute walk
- 4 minute run then 4 minute walk
- cool-down light jog for 2 minutes

Part II
Circuit
Focus Legs

- Level I 10 reps
- Level II 12 reps
- Level III 16 reps
- Level I 3 sets
- Level II 4 sets
- Level III 5 sets
- up to 2 minutes rest between sets

Exercises:
- squats
- side-to-side lunges
- side leg raises
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Day 5

Upperbody Focus

push-ups  LEVEL I  1 push-up  LEVEL II  2 push-ups  LEVEL III  4 push-ups
LEVEL I  3 sets  LEVEL II  5 sets  LEVEL III  7 sets
up to 2 minutes rest between sets

20 punches  X push-ups  20 punches

X push-ups  20 punches
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Day 6

Part I
Cardio
- Level I: 20 minutes walk, jog or run
- Level II: 20 minutes jog or run
- Level III: 20 minutes run

Part II
Stretching
right after cardio
- 1 minute each | 5 sets - all levels
- up to 2 minutes rest between sets

- toe touches
- kneeling hip flexors
- calf raises
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Day 7

Upperbody & Abs

- **LEVEL I**: 6 reps
- **LEVEL II**: 10 reps
- **LEVEL III**: 20 reps

- **LEVEL I**: 3 sets
- **LEVEL II**: 5 sets
- **LEVEL III**: 7 sets

up to 2 minutes rest between sets

- 20 arm chops
- 20 scissor chops
- 20 raised arm rotations

- X leg raises
- X scissors
- X raised leg circles

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Day 8

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Part I  Cardio

20 minutes - low speed or walk
10 minutes - jog at a comfortable pace
10 minutes - run at your 80%

Part II  Sprints

1 push-up
5 second sprint
1 squat
5 second sprint
non-stop
until the time is up

Level I  1 minutes
Level II  2 minutes
Level III 3 minutes
Upperbody Focus

push-ups  LEVEL I  2 push-ups  LEVEL II  3 push-ups  LEVEL III  4 push-ups
LEVEL I  3 sets  LEVEL II  5 sets  LEVEL III  7 sets
up to 2 minutes rest between sets

20 punches   X push-ups   20 punches

X push-ups   20 punches
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Day 10

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Part I
Cardio

20 minutes
of walking/jogging/running
followed by 5 x 10 second sprints
30 second rest between sprints

Part II
Circuit
Focus Legs

Level I 12 reps  Level II 14 reps  Level III 20 reps
Level I 3 sets  Level II 4 sets  Level III 5 sets
up to 2 minutes rest between sets

lunge step-ups  side leg raises  jump squats
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Day 11

Part I
Cardio

60 minutes
spread throughout the day
walk, jog or run
bike, swim or row

Part II
Abs & Core

LEVEL I 1 set
LEVEL II 3 sets
LEVEL III 5 sets
up to 2 minutes rest between sets

30 second elbow plank
15 second side plank on one side
15 second side plank on the other side
30 second elbow plank

elbow plank hold
elbow side plank hold
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Day 12

courage and dedication

Bodyweight Cardio
LEVEL I 3 sets  LEVEL II 5 sets  LEVEL III 7 sets
up to 2 minutes rest between sets

20 jumping jacks
10 plank jump-ins

20 high knees
10 plank jacks

20 leg raises
10 climbers

20 jumping Ts
10 plank leg raises

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Day 13

Part I
Cardio

run / jog / walk
with extra weight 2 lbs [ 1 kg ]
LEVEL I  20 minutes
LEVEL II  30 minutes
LEVEL III 40 minutes

Part II
Stretching

right after cardio
1 minute each  |  5 sets - all levels
up to 2 minutes rest between sets

toe touches  |  kneeling hip flexors  |  calf raises
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Day 14

Part I
Shadowboxing
5 minutes - move as fast as you can X 5 sets
2 minutes rest between sets
use the moves below

- Jab
- Cross
- Hook
- Uppercut

Part II
Circuit Focus Legs
Level I 14 reps  Level II 16 reps  Level III 20 reps
Level I 3 sets  Level II 4 sets  Level III 5 sets
up to 2 minutes rest between sets

- Squats
- Lunges
- Side leg raises
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**Day 15**

cardio

- **Level I**: 20 minutes walk, jog or run
- **Level II**: 20 minutes jog or run
- **Level III**: 20 minutes run

**Part II**

Circuit Focus Abs

- **Level I**: 10 reps
- **Level II**: 16 reps
- **Level III**: 24 reps

repeat 5 times - all levels

up to 2 minutes rest between sets

- sit-ups
- sitting twists
- flutter kicks
Endurance
LEVEL I  20 seconds  LEVEL II  40 seconds  LEVEL III  60 seconds
3 sets - all levels | up to 2 minutes rest between sets

- squat hold
- plank hold
- wide leg plank hold
- side raised leg hold
- raised leg hold
- superman hold
Upperbody Focus

push-ups LEVEL I 3 push-ups LEVEL II 4 push-ups LEVEL III 5 push-ups
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets

30 punches
X push-ups
30 punches

X push-ups
30 punches
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Day 18

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Part I
Cardio

Level I 30 minutes walk, jog or run
Level II 30 minutes jog or run
Level III 30 minutes run

Part II
Stretching

right after cardio
1 minute each | 5 sets - all levels
up to 2 minutes rest between sets

toe touches
kneeling hip flexors
calf raises
Bodyweight Cardio

LEVEL I  3 sets  LEVEL II  5 sets  LEVEL III  7 sets
up to 2 minutes rest between sets

20 high knees
10 climbers

20 jumping jacks
10 plank jacks

20 squats
10 plank jump-ins

20 arm rotations
10 shoulder taps
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Day 20

Part I  Cardio
30 minutes - low speed or walk
10 minutes - jog at a comfortable pace
10 minutes - run at your 80%

Part II  Sprints
1 push-up
5 second sprint
1 squat
5 second sprint
non-stop until the time is up

Level I  2 minutes
Level II  3 minutes
Level III 4 minutes
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Day 21

Upperbody & Abs

X LEVEL I 8 reps  LEVEL II 12 reps  LEVEL III 22 reps
LEVEL I 3 sets  LEVEL II 5 sets  LEVEL III 7 sets
up to 2 minutes rest between sets

40 arm chops  40 scissor chops  40 raised arm rotations

X flutter kicks  X scissors  20-count raised leg hold
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Day 22
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Part I
Cardio

- Level I: 40 minutes walk, jog or run
- Level II: 40 minutes jog or run
- Level III: 40 minutes run

Part II
Stretching

right after cardio
1 minute each | 5 sets - all levels
up to 2 minutes rest between sets

toe touches  kneeling hip flexors  calf raises
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Part I  Circuit

10  jumping jacks
10  knee-to-elbow
20  jumping jacks
20  knee-to-elbow
30  jumping jacks
30  knee-to-elbow
20  jumping jacks
20  knee-to-elbow
10  jumping jacks
10  knee-to-elbow

5 sets
up to 2 minutes rest between sets

Part II  Endurance

1. plank
repeat 3 times during the day

LEVEL I  30 seconds
LEVEL II  2 minutes
LEVEL III  3 minutes

2. wall-sit
repeat 3 times during the day

LEVEL I  30 seconds
LEVEL II  2 minutes
LEVEL III  3 minutes
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Day 24

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Part I
Cardio

20 minutes
of walking/ jogging/ running
followed by 5 x 10 second sprints
30 second rest between sprints

Part II
Circuit
Focus Legs

Level I 14 reps  Level II 16 reps  Level III 22 reps
Level I 3 sets  Level II 4 sets  Level III 5 sets
up to 2 minutes rest between sets

lunge step-ups
side leg raises
jump squats
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Day 25

Upperbody Focus

push-ups LEVEL I 4 push-ups LEVEL II 5 push-ups LEVEL III 6 push-ups
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets

40 punches  X push-ups  40 punches

X push-ups  40 punches
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Day 26
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Part I
Cardio
60 minutes
spread throughout the day
walk, jog or run
bike, swim or row

Part II
Circuit
Focus Abs
LEVEL I 1 set
LEVEL II 3 sets
LEVEL III 5 sets
- throughout the day

60 second burpee – rest 30 seconds
30 second plank – rest 30 seconds
60 second burpee – rest 30 seconds
30 second plank – rest 30 seconds
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Day 27

Part I  Cardio
- 40 minutes - low speed or walk
- 5 minutes - jog at a comfortable pace
- 5 minutes - run at your 100%

Part II  Sprints

1 push-up
5 second sprint
1 squat
5 second sprint
non-stop until the time is up
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Day 28
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Part I
Cardio

- Level I: 40 minutes walk, jog or run
- Level II: 40 minutes jog or run
- Level III: 40 minutes run

Part II
Stretching

- Right after cardio
- 1 minute each | 5 sets - all levels
- up to 2 minutes rest between sets

- toe touches
- kneeling hip flexors
- calf raises
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Day 29

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Bodyweight Cardio

LEVEL I 3 sets  LEVEL II 5 sets  LEVEL III 7 sets
up to 2 minutes rest between sets

20 high knees
4 side-to-side jumps

20 punches
4 push-ups

20 squats
4 plank walk-outs

20 toe tap hops
4 climber taps
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**Day 30**

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**Part I**
Cardio

- Level I: 40 minutes walk, jog or run
- Level II: 40 minutes jog or run
- Level III: 40 minutes run

**Part II**
Circuit Focus Abs

- Level I: 16 reps
- Level II: 22 reps
- Level III: 30 reps

Repeat 5 times - all levels
Up to 2 minutes rest between sets

- sit-ups
- sitting twists
- flutter kicks
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