

**cardio**  
**and** **abs**

# cardio **and** abs

Day 1

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

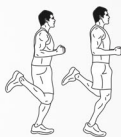
2 minutes rest  
between sets



**20** march steps



**20** high knees



**20** butt kicks



**20** climbers



**20** plank jacks

# cardio and abs

Day 2

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



10 high crunches



10 knee rolls



10 reverse crunches



10-count hold



10 sitting twists

# cardio and abs

Day 3

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest  
between sets



20 half jacks



20 jumping jacks



20 seal jacks



20 shoulder taps



20 high taps

# cardio **and** abs

Day 4

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



**10** knee-in & twist



**10** leg raises



**10** heel taps



**10** back arches



**10** back extensions

# cardio and abs

Day 5

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Level I 3 sets

Level II 5 sets

Level III 7 sets

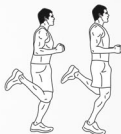
2 minutes rest  
between sets



20 split jacks



20 march steps



20 butt kicks



20 climbers



20 plank rotations

# cardio and abs

Day 6

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



10 long arm crunches



10 bridges



10 crunches



10 cross crunches



10 circle crunches

# cardio and abs

Day 7

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest  
between sets



20 jumping jacks



20 toe tap hops



20 hop heel clicks



20 plank jacks



20 plank jump-ins



# cardio and abs

Day 8

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



10 flutter kicks



10 scissors



10 crunch kicks



10 back extensions



10-count hold

# cardio and abs

Day 9

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Level I 3 sets

Level II 5 sets

Level III 7 sets

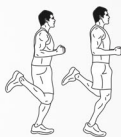
2 minutes rest  
between sets



20 high knees



20 reverse lunges



20 butt kicks



20 climbers



20 plank leg raises

# cardio **and** abs

Day 10

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



10 sit-ups



10 knee rolls



10 reverse crunches



10 leg circles



10-count hold

# cardio and abs

Day 11

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest  
between sets



20 jumping jacks



20 seal jacks



20 jumping Ts



20 shoulder taps



20 plank jacks

# cardio **and** abs

Day 12

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



10 knee crunches



10 knee-to-elbow



10 heel taps



10 alt arm / leg raises



10 back extensions

# cardio **and** abs

Day 13

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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest  
between sets



20 march steps



20 high knees



20 split jacks



20 plank leg raises



20 plank rotations

# cardio **and** abs

Day 14

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



10 reverse crunches



10 bridges



10 sit-up punches



10 sitting punches



10 sitting twists

# cardio and abs

Day 15

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest  
between sets



20 jumping jacks



20 toe tap hops



20 twist jacks



20 plank arm raises



20 plank jump-ins



# cardio and abs

Day 16

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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



10 flutter kicks



10 leg circles



10 scissors



10 back extensions



10-count hold

# cardio **and** abs

Day 17

© [darebee.com](http://darebee.com)

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest  
between sets



**20** march steps



**20** high knees



**20** reverse lunges



**20** basic burpees

# cardio **and** abs

Day 18

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



10 reverse crunches



10 knee rolls



10 leg circles



10-count hold



10 leg raises

# cardio and abs

Day 19

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest  
between sets



20 half jacks



20 jumping jacks



20 split jacks



20 shoulder taps



20 plank rotations

# cardio **and** abs

Day 20

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



10 knee-in & twist



10 dead bug



10 windshield wipers



10-count hold



10 back extensions

# cardio **and** abs

Day 21

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest  
between sets



20 butt kicks



20 split jacks



20 high knees



20 climbers



20 shoulder taps

# cardio and abs

Day 22

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



10 long arm crunches



10 bridges



10 heel taps



10 crunches



10 cross crunches

# cardio and abs

Day 23

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest  
between sets



20 half jacks



20 hop heel clicks



20 seal jacks



20 plank jump-ins



20 high taps



# cardio and abs

Day 24

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



10 flutter kicks



10 crunch kicks



10 high crunches



10 back extensions



10-count hold

# cardio **and** abs

Day 25

© [darebee.com](http://darebee.com)

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest  
between sets



**20** butt kicks



**20** high knees



**20** climbers



**20** basic burpees

# cardio **and** abs

Day 26

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



10 sit-ups



10 knee rolls



10 knee-in & twist



10-count hold



10 scissors

# cardio and abs

Day 27

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest  
between sets



20 seal jacks



20 toe tap hops



20 twist jacks



20 plank arm raises



20 plank leg raises

# cardio and abs

Day 28

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



10 knee-to-elbow



10 heel taps



10 dead bug



10 alt arm / leg raises



10 back extensions

# cardio **and** abs

Day 29

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

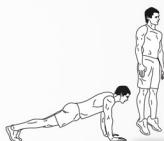
2 minutes rest  
between sets



20 butt kicks



20 high knees



20 basic burpees



20 climbers



20 shoulder taps

# cardio **and** abs

Day 30

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



10 knee-in & twist



10 bridges



10 sit-up punches



10 sitting punches



10 reverse crunches