R RUN

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Day 1 — UNLOCK -



complete bonus go



1 minute rest between sets



one extra set of the circuit

Part I Power Run

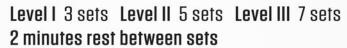
2 minute run 1 jump knee-tuck X 10

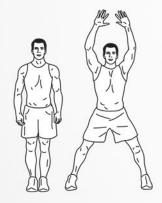
Bonus Go (right after) 2 minute sprint





Part II Circuit

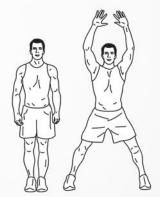




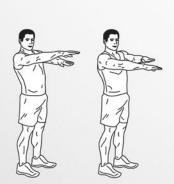
20 jumping jacks



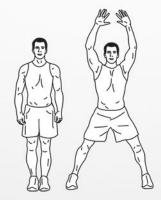
20 knee-to-elbows



20 jumping jacks



20 arm scissors



20 jumping jacks



20 raised arm circles

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Day 2 — UNLOCK -



run non-stop



≥ 20 push-ups each set



complete bonus go

Part I Runner Prime 30 minute run all levels

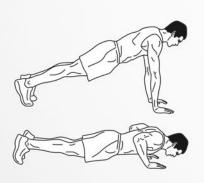
Bonus go, right after:

30 second sprints x 3 in total 30 seconds rest between sprints





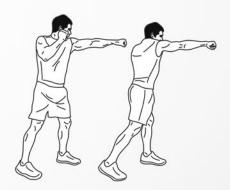
Part II Upper Body



to failure push-ups



10-count push-up plank



40 punches



20-count elbow plank



20-count raised leg plank



20-count side plank

Day 3 — UNLOCK -



30 minute jog non-stop



1 minute rest between sets



one extra set of ab routine

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Part I Recovery Run

30 minute recovery jog at a comfortable pace





3x10min runs 2x15min runs

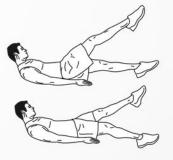
Part II Abs



20 sit-up punches



20 sitting punches



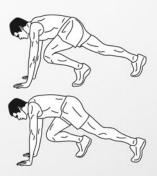
20 flutter kicks



10 back extensions



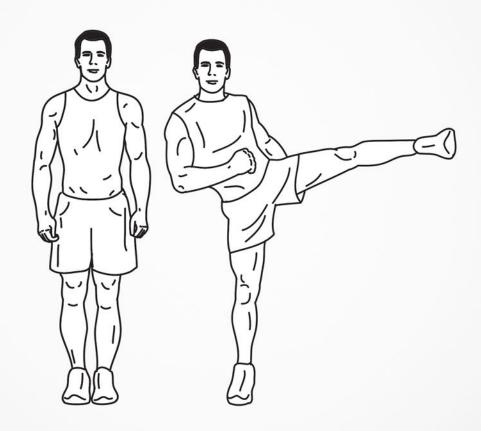
10 back stretches



10 climbers







100 side leg raises

CARDIO TRIM © darebee.com

Day 5 — UNLOCK -



1 minute rest between sets



one extra set of the circuit



double all high knees

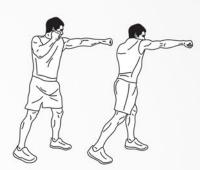
Circuit



20 high knees



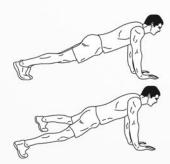
10 push-ups



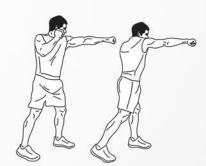
20 punches



20 high knees



10 plank jacks



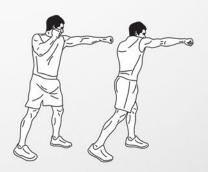
20 punches



20 high knees



10 plank rotations



20 punches

© darebee.com

Day 6 — UNLOCK -



run non-stop



run 5K under 30 minutes



complete bonus go

Part I Runner Prime

30 minute run

Bonus Go (right after)
30 second sprint
30 second walk
repeat 4 times non-stop



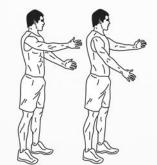


Part II Upper Body

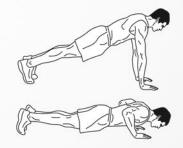




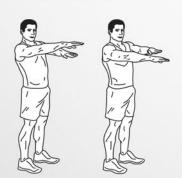
5 push-ups



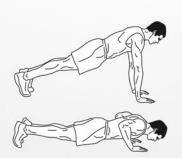
40 scissor chops



5 push-ups



40 arm scissors



5 push-ups



40 raised arm circles

Day 7 — UNLOCK -



30 minute jog non-stop



1 minute rest between sets



one extra set of ab routine

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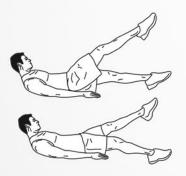
Part I Recovery Run

30 minute recovery jog at a comfortable pace

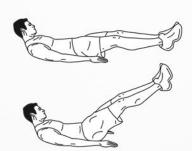


OR 3x10min runs 2x15min runs

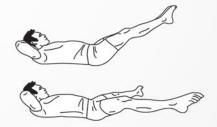
Part II Abs



20 flutter kicks



20 leg raises



20 modified scissors



10 raised leg hold



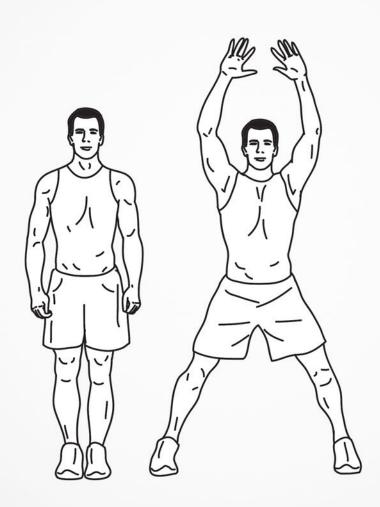
10 half wipers



10 back extensions



in one workout
in one go (no breaks)
150 jacks instead of 100



100 jumping jacks

© darebee.com

Day 9 — UNLOCK



not 5 but 10 push-ups



one extra run (11 in total)



complete bonus go

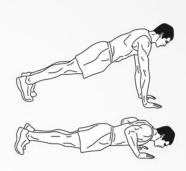
Part I Power Run

2 minute run 5 push-ups

x 10

Bonus Go (right after)
2 minute sprint

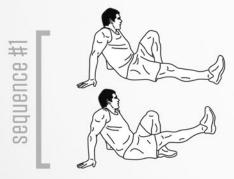




Part II Tendon Strength

Once the sequence is complete, change legs and repeat it again. Keep your leg off the floor throughout the sequence.

No sets - all levels.



20 leg raises

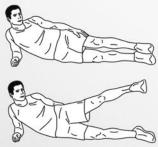


20 side-to-side moves



20-count hold





20 side leg raises



20 raised leg swings



20-count hold

CARDIO TRIM © darebee.com

Day 10 — UNLOCK -

Ψ

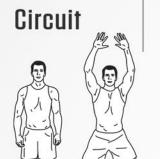
1 minute rest between sets

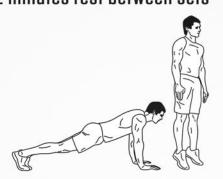


one extra set of the circuit



double basic burpees



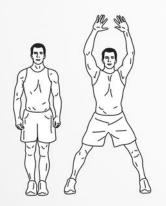




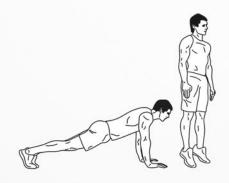
20 jumping jacks

10 basic burpees

20 raised arm circles



20 jumping jacks



10 basic burpees



20 raised arm circles



10 push-up into back extension





10-count back extension hold

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Day 11 — UNLOCK -



run non-stop



run 7K under 40 minutes



≥ 20 push-ups each set

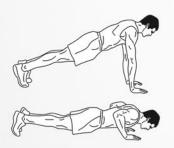
Part I Runner Prime 40 minute run all levels

<u>Finish with, right after:</u> **30 second sprints** x 5 in total
30 seconds rest between sprints

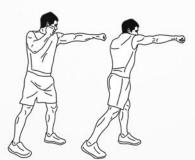




Part II Upper Body



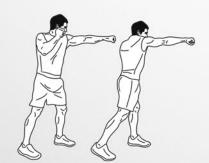
to failure push-ups



40 punches



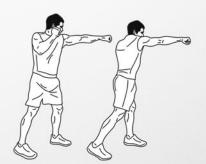
5 close grip push-ups



40 punches



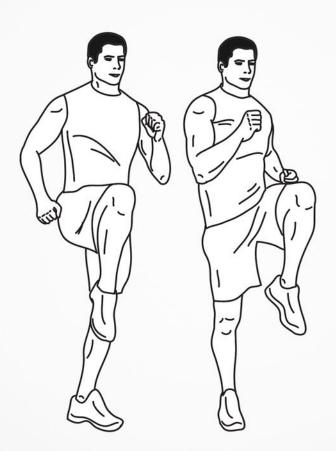
5 wide grip push-ups



40 punches







300 high knees

RUN

CARDIO

TRIM

© darebee.com

Day 13 — UNLOCK -



1 minute rest between sets



one extra set of the circuit



non-stop basic burpees

Part | Sprinter

5 minute warmup run

30 second walk

30 second run

30 second sprint

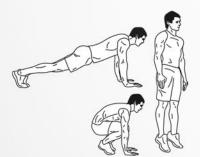
10 sets | non-stop

5 minute cooldown run

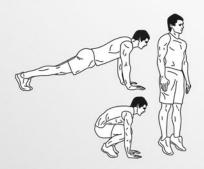


x10

Part II Circuit



20 basic burpees



20 basic burpees



20-countplank hold



20-count plank hold



20 plank jacks



20 climbers

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Day 14 — UNLOCK -



run non-stop



≥ 20 push-ups each set



complete bonus task

Part | Runner Prime

40 minute run

Bonus task:

sprint for 10 seconds every 5 minutes or every 1km during the run

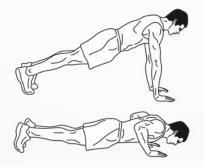




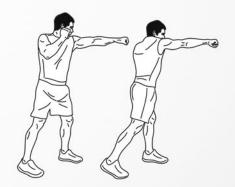
Part II Upper Body



10-count plank



to failure push-ups



60 punches



20-count elbow plank



20-count raised leg plank



20-count side plank

Day 15 — UNLOCK



40 minute jog non-stop



finish jog with 30 push-ups



double leg raises

© darebee.com

Part I Recovery Run

40 minute recovery jog at a comfortable pace



can be split into

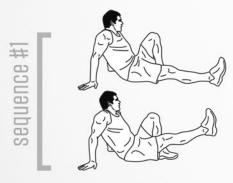
NR

2x20min runs 4x10min runs

Part II Tendon Strength

Once the sequence is complete, change legs and repeat it again. Keep your leg off the floor throughout the sequence.

No sets - all levels.



30 leg raises

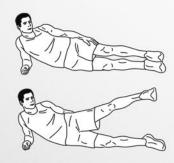


30 side-to-side moves



30-count hold

equence #2



30 side leg raises



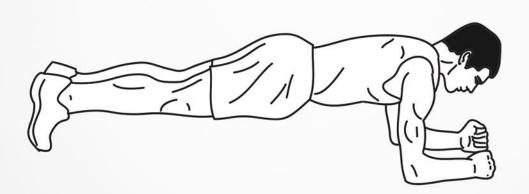
30 raised leg swings



30-count hold







3 minute elbow plank



Day 17 — UNLOCK —



1 minute rest between sets



one extra set of the circuit



3 combos each

Circuit

Level I 3 sets Level II 5 sets Level III 7 sets 2 minutes rest between sets

2combos



30 high knees

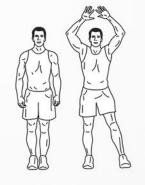


30 march step

2combos

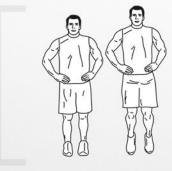


30 jumping jacks

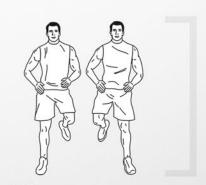


30 step jacks

2combos



30 hops on the spot



30 side-to-side steps

© darebee.com

Day 18 — UNLOCK -



complete bonus go



1 minute rest between sets



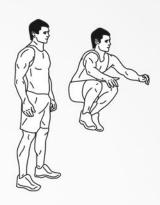
one extra set of the circuit

Part | Power Run

2 minute run 2 jump knee tucks X 10

Bonus Go (right after) 2 minute sprint

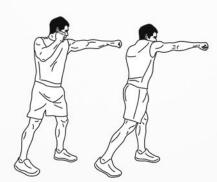




Part II Upper Body



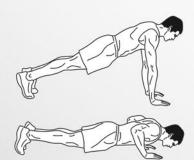
10 push-ups



40 punches



40 overhead punches



10 push-ups



10-count push-up plank



40 raised arm circles



Day 19 — UNLOCK -



run non-stop



run 7K under 40 minutes



4 minute sprints

Part | Runner Prime

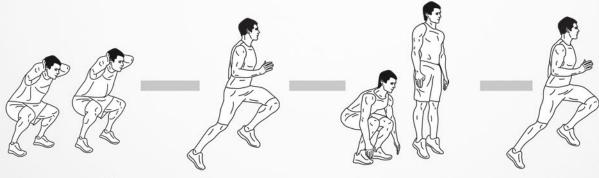
40 minute run all levels





Part II Sprints

Set a timer and continue with the sequence until the time is up. Can be done from point A to point B.





Level I 1 minute
Level II 2 minute

Level II 2 minutes
Level III 3 minutes

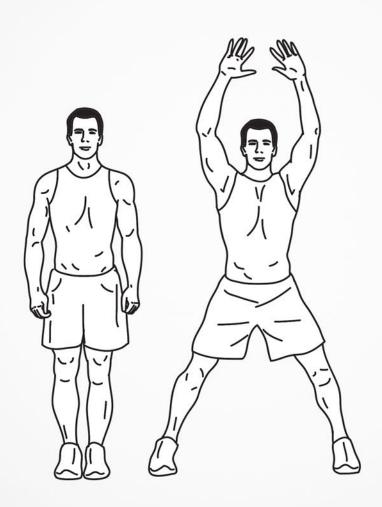
10 squat hops 10 second sprint 1 jump squat 10 second sprint

non-stop



Day 20 — UNLOCK

in one workout
in one go (no breaks)
250 jacks instead of 200



200 jumping jacks

CARDIO TRIM © darebee.com

Day 21 — UNLOCK -



1 minute rest between sets



one extra set of the circuit



double all punches

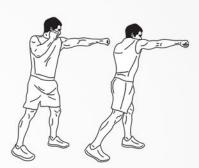
Circuit



40 high knees



5 push-ups



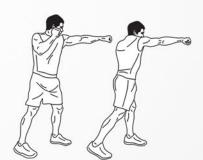
40 punches



40 high knees



 $\mathbf{5}$ close grip push-ups



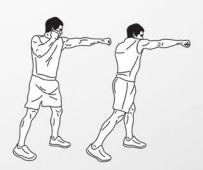
40 punches



40 high knees



5 wide grip push-ups



40 punches

CARDIO TRIM © darebee.com

Day 22 — UNLOCK



run non-stop



run 8K under 45 minutes



make it 60 leg raises

Part | Runner Prime

45 minute run all levels

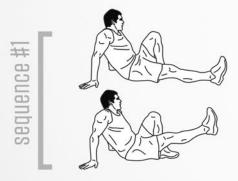




Part II Tendon Strength

Once the sequence is complete, change legs and repeat it again. Keep your leg off the floor throughout the sequence.

No sets - all levels.



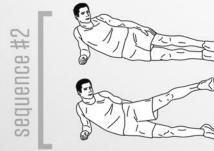
40 leg raises



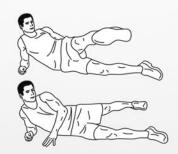
40 side-to-side moves



40-count hold



40 side leg raises



40 raised leg swings



40-count hold

Day 23 — UNLOCK -



45 minute jog non-stop



1 minute rest between sets



one extra set of ab routine

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Part I Recovery Run

45 minute recovery jog at a comfortable pace



Part II Abs



20 sit-up punches



20 sitting punches



20 reverse crunches



10 dead bugs



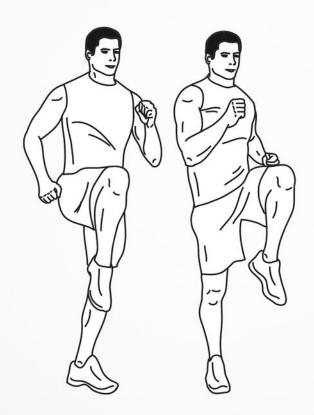
10 back extensions



10 back stretches







3 minutes high knees

RUN

CARDIO

TRIM

© darebee.com

Day 25 — UNLOCK -



1 minute rest between sets



one extra set of the circuit



non-stop basic burpees

Part | Sprinter

5 minute warmup run

30 second walk

30 second run

30 second sprint

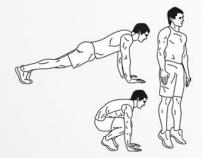
10 sets | non-stop

5 minute cooldown run

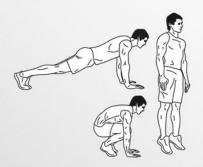


x10

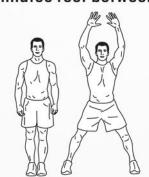
Part II Circuit



20 basic burpees



20 basic burpees



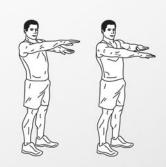
20 jumping jacks



20 jumping jacks



20 raised arm circles



20 arm scissors



Day 26 — UNLOCK -



run non-stop



run 9K under 50 minutes



≥ 20 push-ups each set

Part | Runner Prime

50 minute run all levels

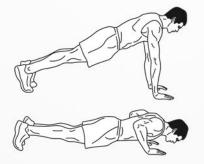




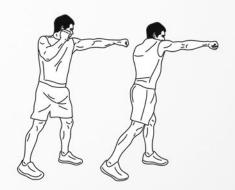
Part II Upper Body



10-count plank



to failure push-ups



60 punches



20-count elbow plank



20-count raised leg plank



20-count side plank

© darebee.com

Day 27 — UNLOCK -



50 minute jog non-stop



1 minute rest between sets



one extra set of ab routine

Part I Recovery Run

50 minute recovery jog at a comfortable pace



OR

5x10min runs 2x25min runs

Part II Abs



20 sit-up punches



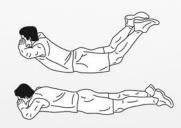
20 sitting punches



20 reverse crunches



10 dead bugs



10 back extensions



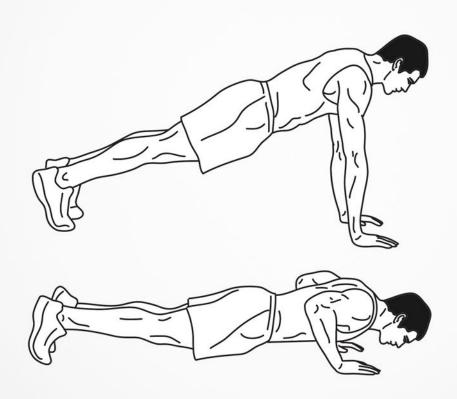
10 back stretches



Day 28 — UNLOCK

in one workout
in one go (no breaks)

50 push-ups



40 push-ups



Day 29 — UNLOCK —

1 minute rest between sets



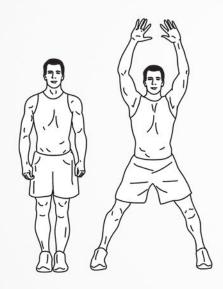
one extra set of the circuit

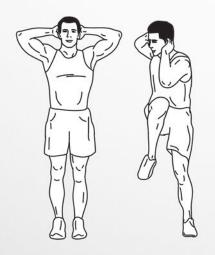


double all knee-to-elbow

Circuit

Level I 3 sets Level II 5 sets Level III 7 sets 2 minutes rest between sets





20 jumping jacks

4 knee-to-elbow

20 jumping jacks

4 knee-to-elbow

20 jumping jacks

4 knee-to-elbow

20 jumping jacks

4 knee-to-elbow

20 jumping jacks

4 knee-to-elbow



Day 30 — UNLOCK -



run non-stop



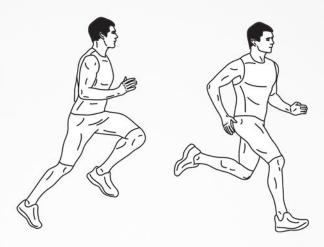
run 10K under 60 minutes



5 minute sprints

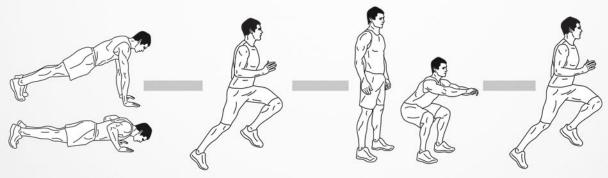
Part | Runner Prime

60 minute run all levels



Part II Sprints

Set a timer and continue with the sequence until the time is up. Can be done from point A to point B.





Level I 2 minutes

Level II 3 minutes

Level III 4 minutes

1 push-up

10 second sprint

1 squat

10 second sprint

non-stop

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