



30 days of  
**CARDIO  
BLAST**

streamline

BODYWEIGHT HOME CARDIO

# 30 days CARDIO BLAST

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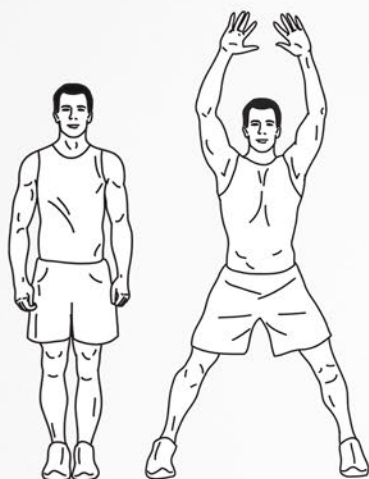
## Day 1

Level I 6 sets

Level II 8 sets

Level III 10 sets

2 minute rest between sets



10 jumping jacks



10 sprinter lunges



10 lunge step-ups



8 side-to-side jumps

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## Day 2

Level I 6 sets

Level II 8 sets

Level III 10 sets

2 minute rest between sets



10 high knees

2 climbers

10 high knees

2 climbers

10 high knees

2 climbers

10 high knees

2 climbers

10 high knees

2 climbers



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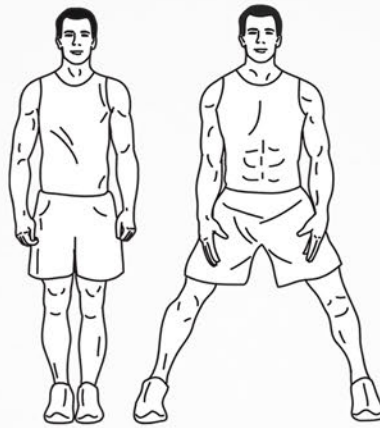
## Day 3

Level I 6 sets

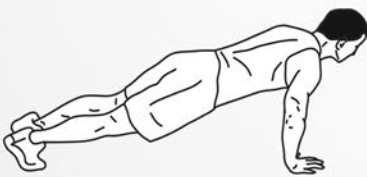
Level II 8 sets

Level III 10 sets

2 minute rest between sets



20 half jacks



10 plank jacks



10 donkey kicks



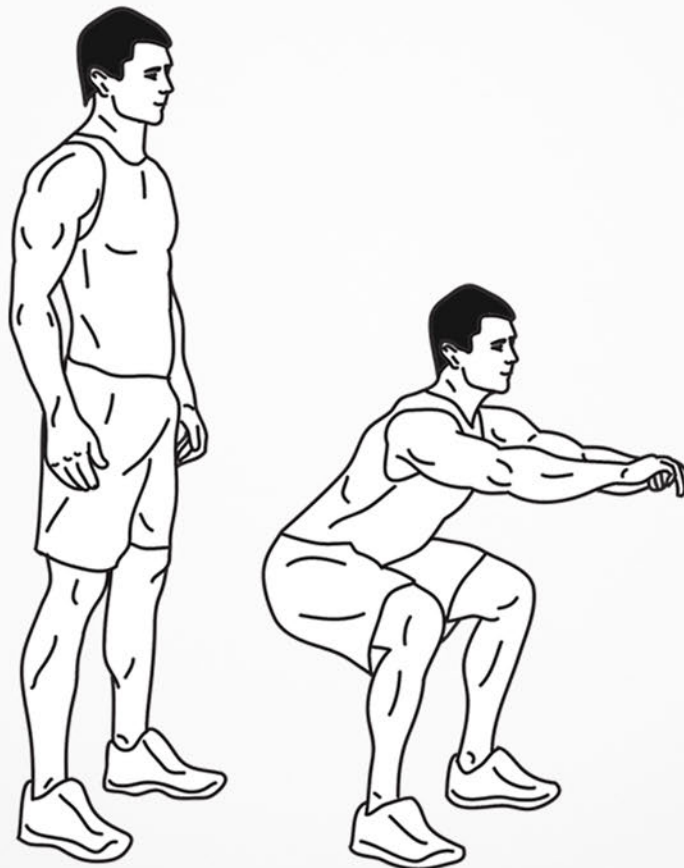
10 plank arm raises

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Day 4

reps throughout the day  
complete a total of 100 squats  
by the end of the day



100 squats

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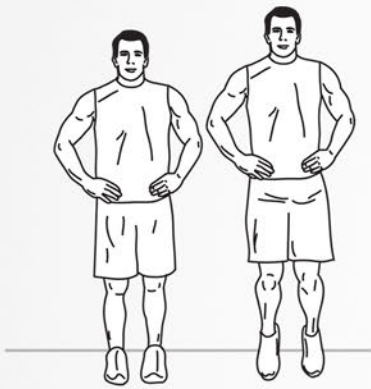
## Day 5

Level I 6 sets

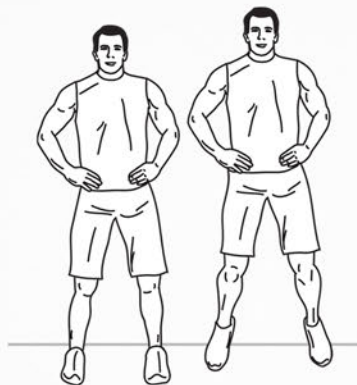
Level II 8 sets

Level III 10 sets

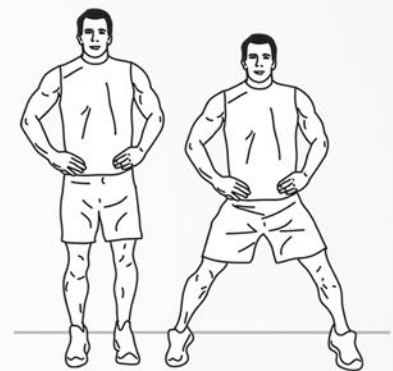
2 minute rest between sets



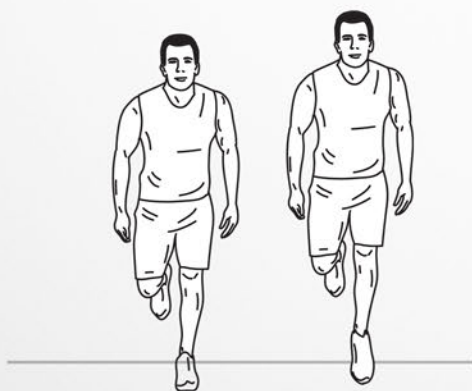
10 hop on the spot



10 wide leg hops



10 half jacks



10 single leg hops



10 side-to-side hops

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## Day 6

Level I 6 sets

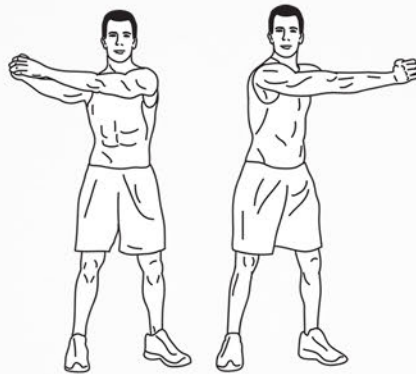
Level II 8 sets

Level III 10 sets

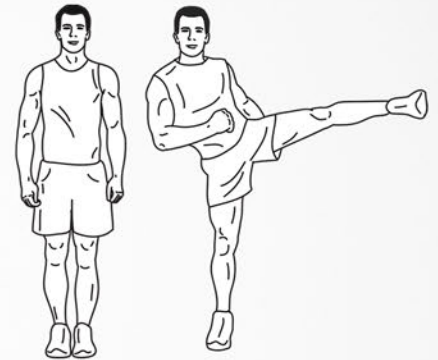
2 minute rest between sets



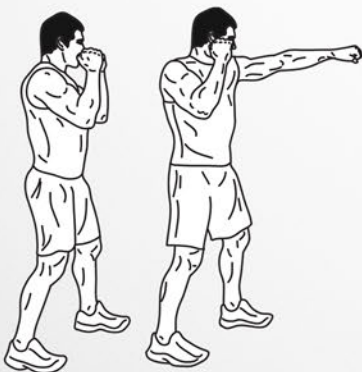
10 sprinter lunges



20 side-to-side chops



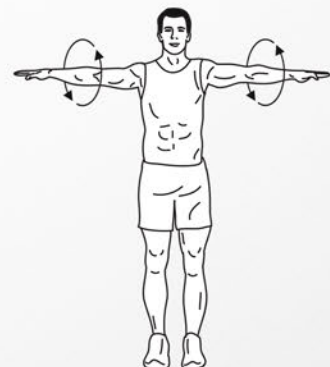
10 side leg raises



20 punches



10 squats



20 raised arm circles

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## Day 7

Level I 6 sets

Level II 8 sets

Level III 10 sets

2 minute rest between sets



20 high knees

squat

20 high knees

squat

20 high knees

squat

20 high knees

squat

20 high knees

squat

rest



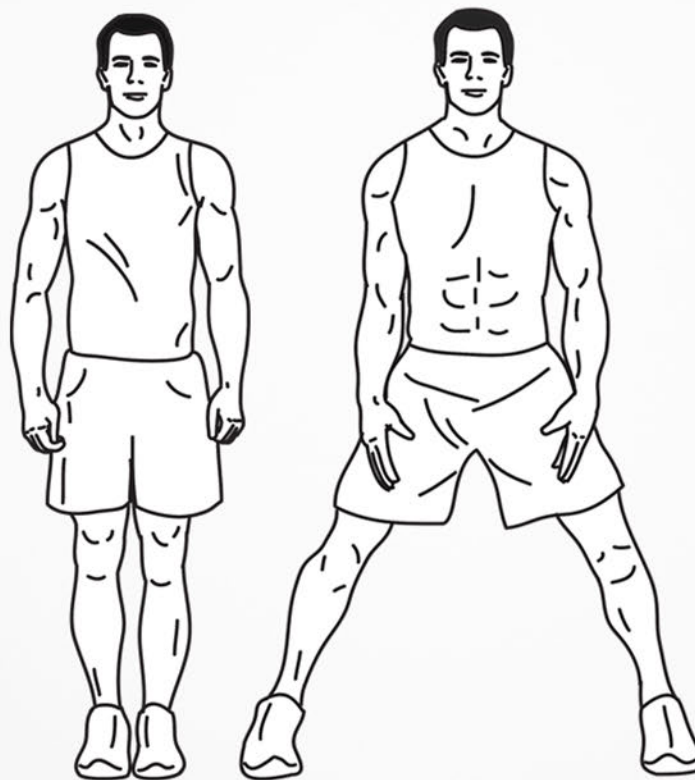


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Day 8

reps throughout the day  
complete a total of 200 half-jacks  
by the end of the day



200 half-jacks

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## Day 9

Level I 6 sets

Level II 8 sets

Level III 10 sets

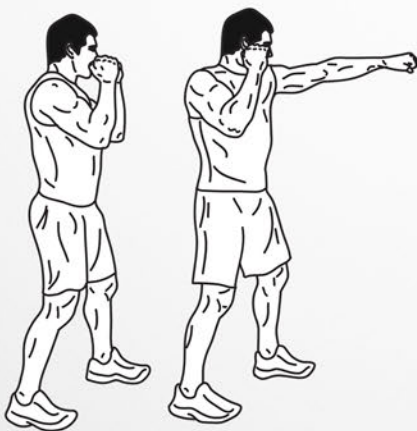
2 minute rest between sets



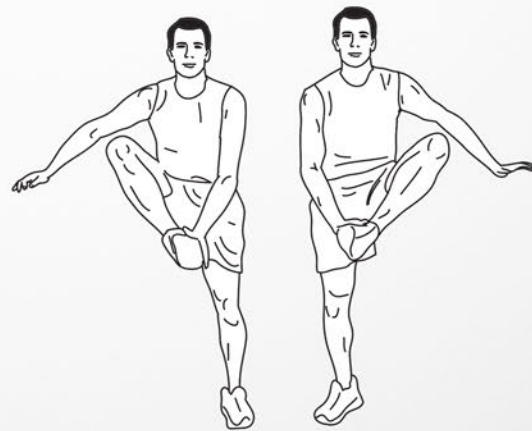
20 knee-to-elbows



20 squats



20 punches



20 toe tap hops

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## Day 10

Level I 6 sets

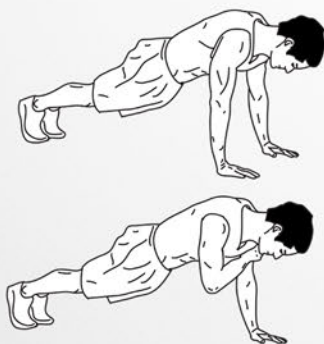
Level II 8 sets

Level III 10 sets

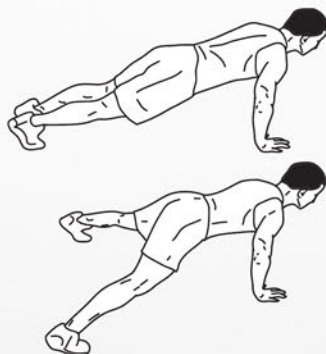
2 minute rest between sets



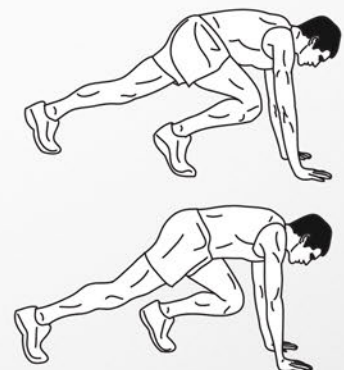
40 high knees



10 shoulder taps



10 plank jacks



10 climbers

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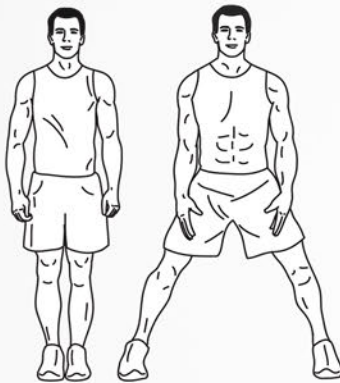
Day 11

Level I 6 sets

Level II 8 sets

Level III 10 sets

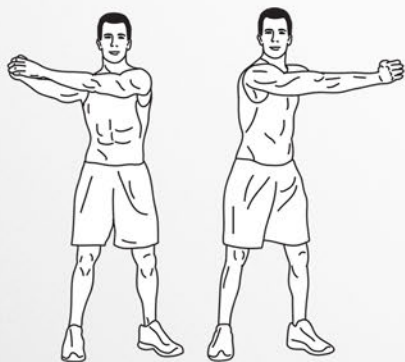
2 minute rest between sets



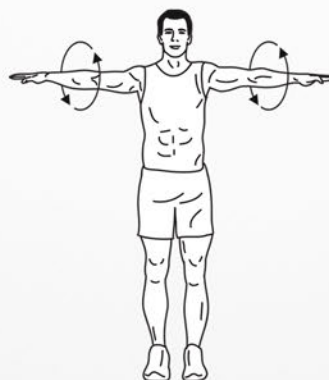
**filler**

before and after each exercise:

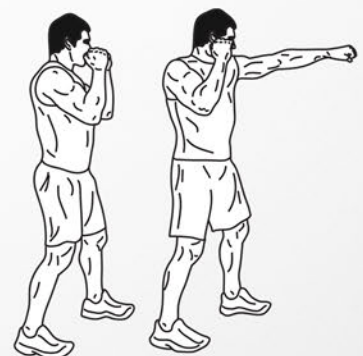
10 half jacks



10 side-to-side chops



10 raised arm circles



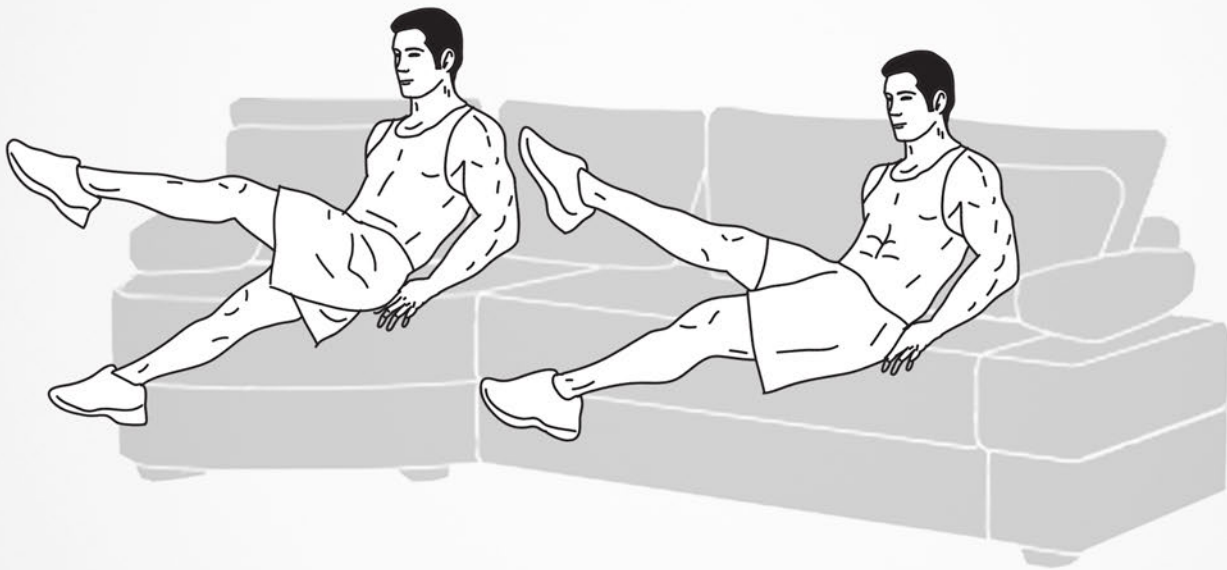
10 punches

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## Day 12

reps throughout the day  
complete a total of 100 flutter kicks  
by the end of the day



## 100 flutter kicks

**make it harder**

do a minimum of 20 reps per set

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## Day 13

Level I 6 sets

Level II 8 sets

Level III 10 sets

2 minute rest between sets



30 high knees

4 climbers

30 high knees

4 climbers

30 high knees

4 climbers



30 high knees

4 climbers



30 high knees

4 climbers

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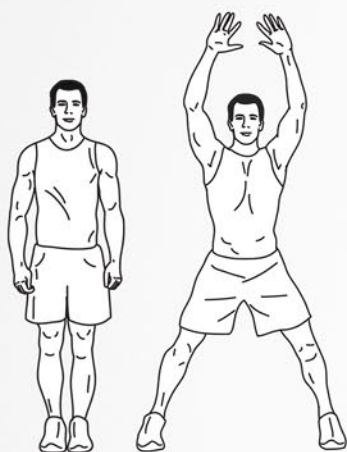
## Day 14

Level I 6 sets

Level II 8 sets

Level III 10 sets

2 minute rest between sets



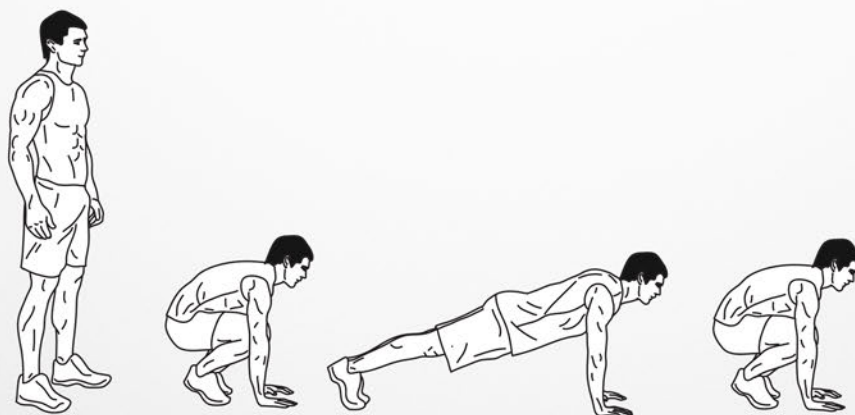
20 jumping jacks



20 sprinter lunges



20 lunge step-ups



10 basic burpees

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## Day 15

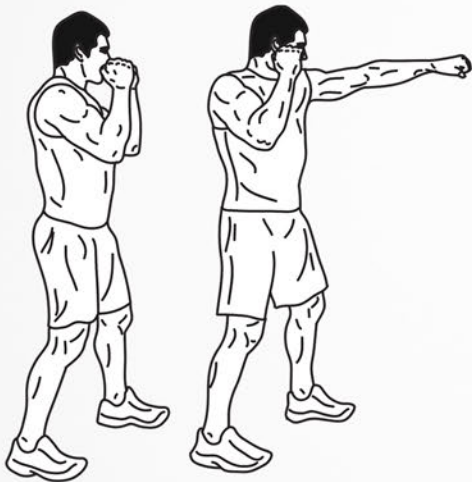
Level I 6 sets

Level II 8 sets

Level III 10 sets

2 minute rest between sets

do a push-up (once)  
between punches



40 punches

push-up

40 punches

push-up

40 punches

push-up

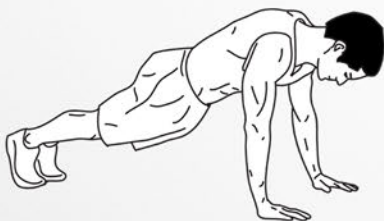
40 punches

push-up

40 punches

push-up

rest



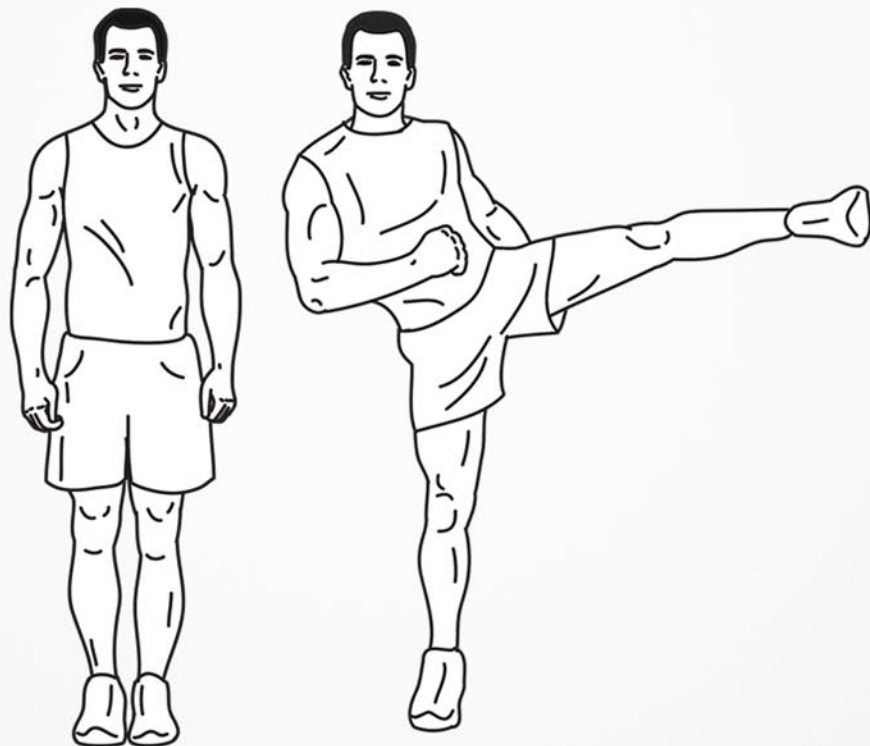


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Day 16

reps throughout the day  
complete a total of 200 leg raises  
by the end of the day



200 side leg raises

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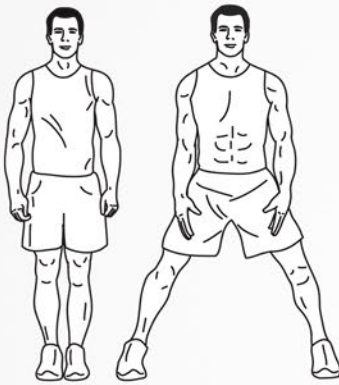
## Day 17

Level I 6 sets

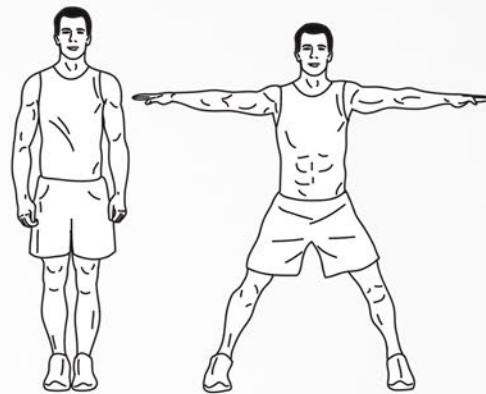
Level II 8 sets

Level III 10 sets

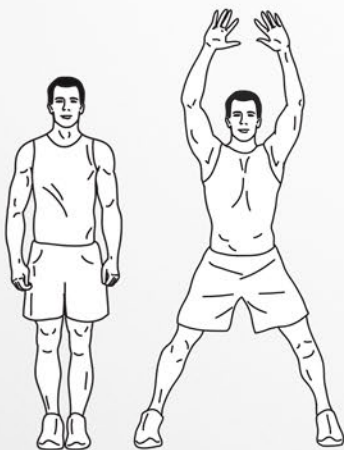
2 minute rest between sets



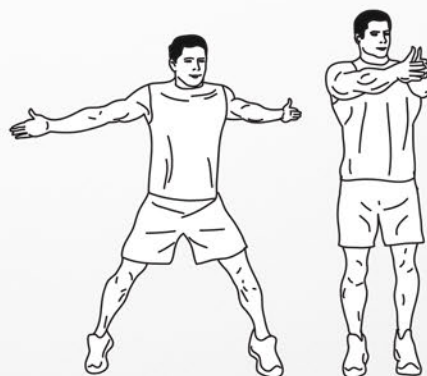
20 half jacks



5 jumping Ts



20 jumping jacks



5 seal jumps

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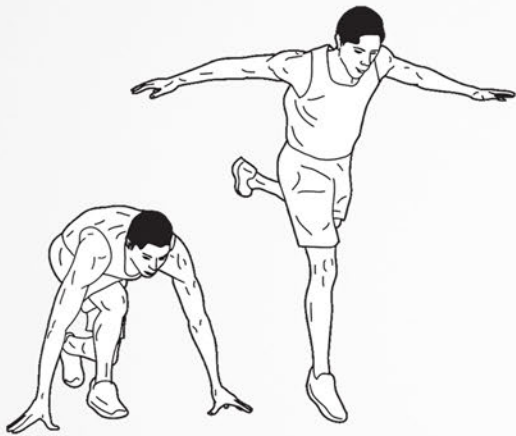
## Day 18

Level I 6 sets

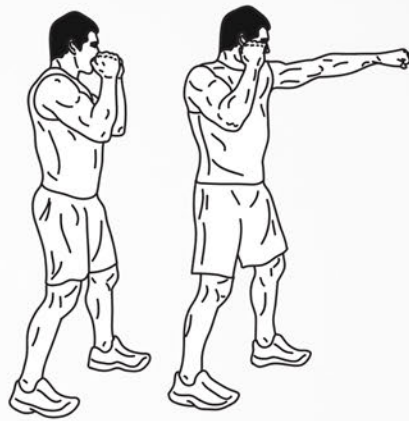
Level II 8 sets

Level III 10 sets

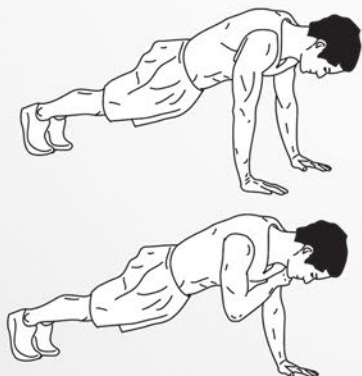
2 minute rest between sets



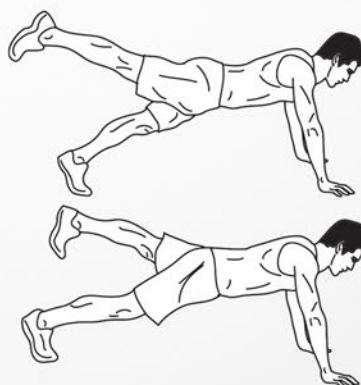
10 fly steps



10 punches



10 shoulder taps



10 plank leg raises

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## Day 19

Level I 6 sets

Level II 8 sets

Level III 10 sets

2 minute rest between sets



40 high knees

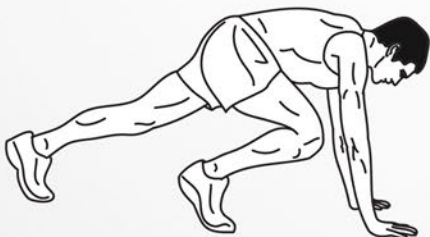
6 climbers

40 high knees

6 climbers

40 high knees

6 climbers



40 high knees

6 climbers



40 high knees

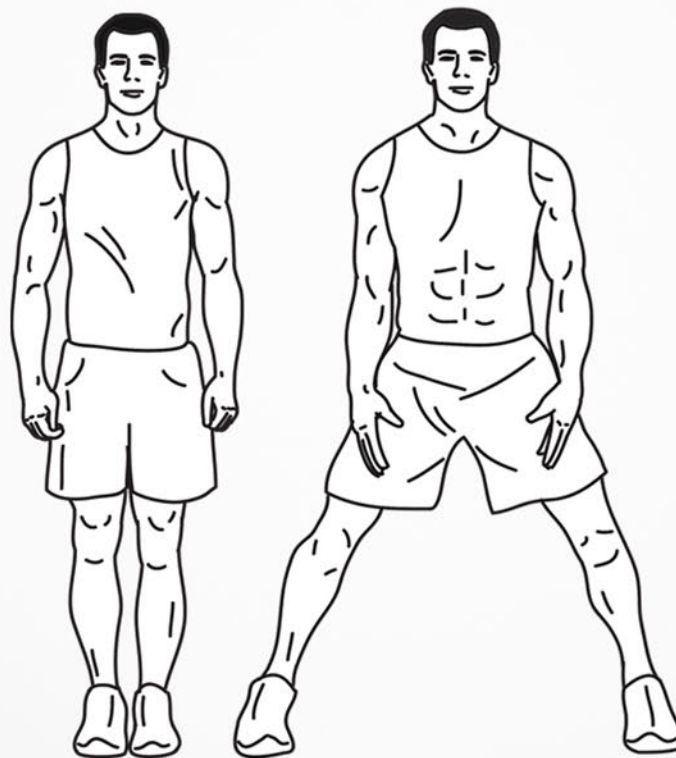
6 climbers

**30 days**  
**CARDIO**  
**BLAST**

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**Day 20**

reps throughout the day  
complete a total of 300 half-jacks  
by the end of the day



**300 half-jacks**

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Day 21

Level I 6 sets

Level II 8 sets

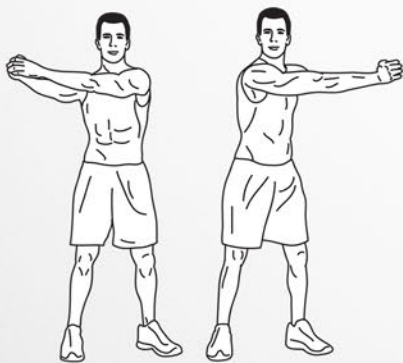
Level III 10 sets

2 minute rest between sets

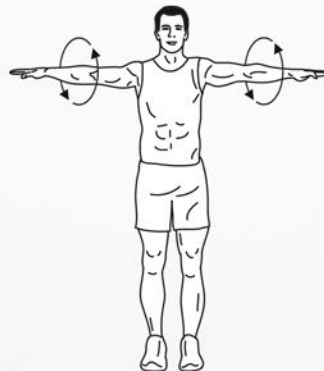


**filler**

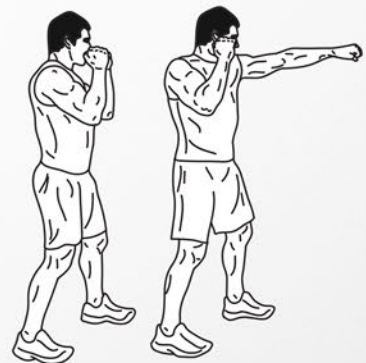
before and after each exercise:  
5 squats



20 side-to-side chops



20 raised arm circles



20 punches

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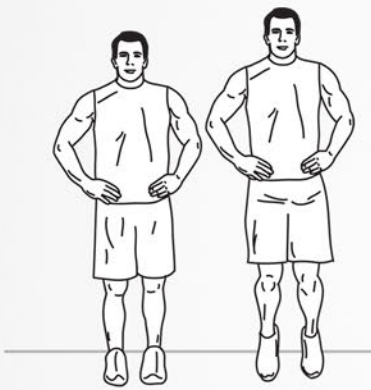
## Day 22

**Level I** 6 sets

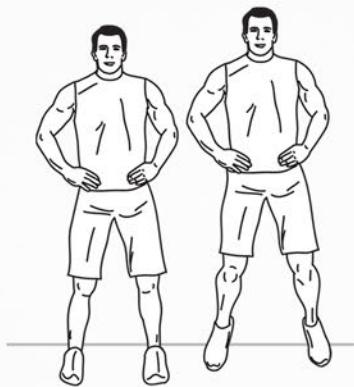
**Level II** 8 sets

**Level III** 10 sets

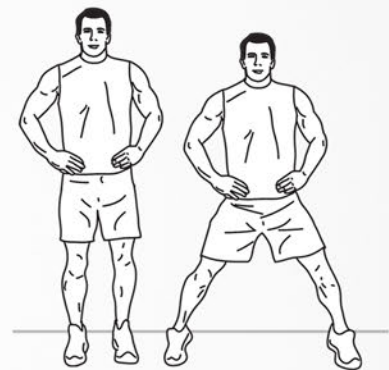
2 minute rest between sets



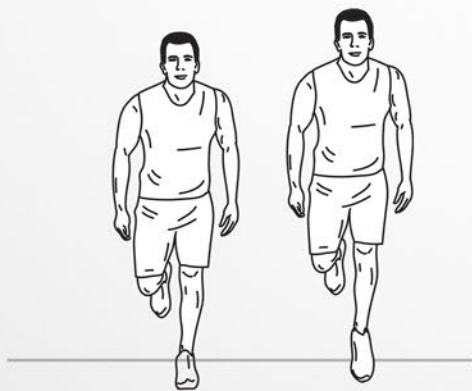
20 hop on the spot



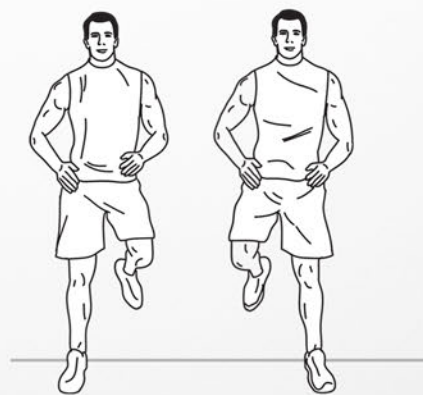
20 wide leg hops



20 half jacks



20 single leg hops



20 side-to-side hops

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## Day 23

Level I 6 sets

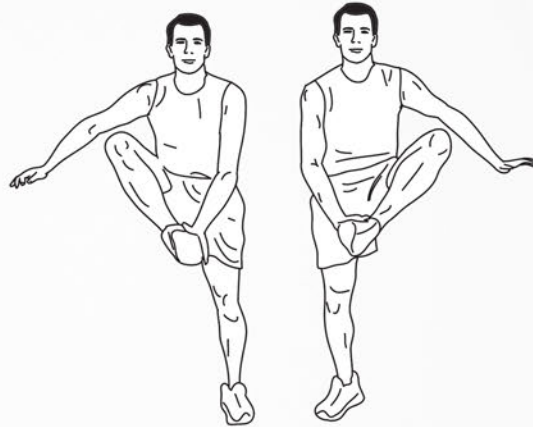
Level II 8 sets

Level III 10 sets

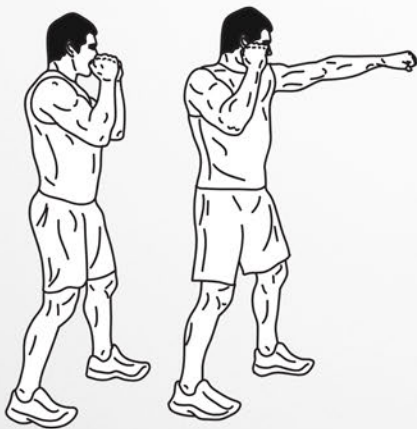
2 minute rest between sets



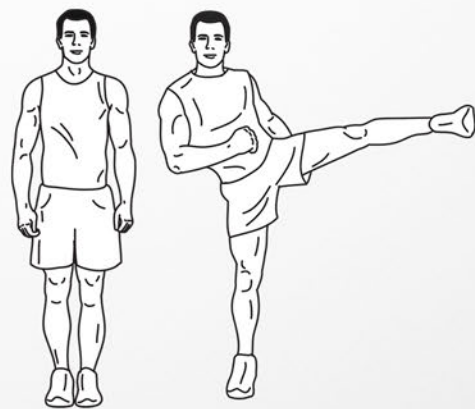
20 lunge step-ups



20 toe tap hops



20 punches



20 side leg raises

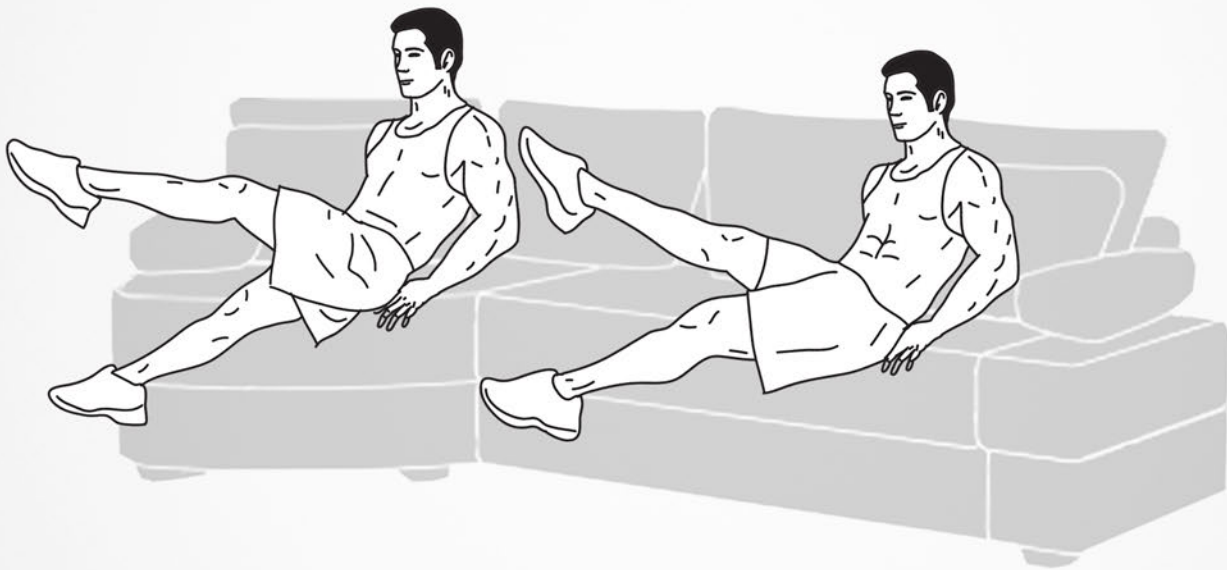


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## Day 24

reps throughout the day  
complete a total of 200 flutter kicks  
by the end of the day



## 200 flutter kicks

**make it harder**

do a minimum of 40 reps per set

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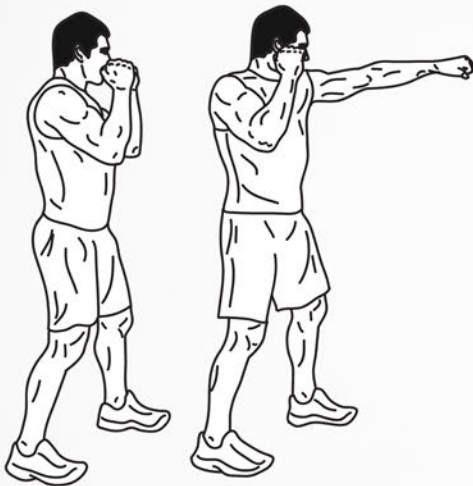
## Day 25

Level I 6 sets

Level II 8 sets

Level III 10 sets

2 minute rest between sets



do one push-up  
between punches  
Level III: do 2 push-ups

40 punches

push-up

40 punches

push-up

40 punches

push-up

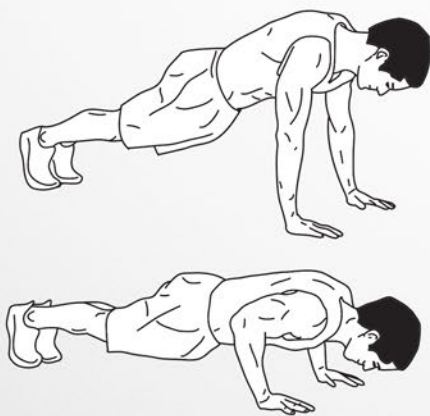
40 punches

push-up

40 punches

push-up

rest



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## Day 26

Level I 6 sets

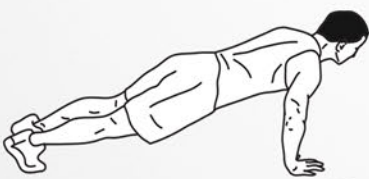
Level II 8 sets

Level III 10 sets

2 minute rest between sets



20 squats



10 plank jacks



10 donkey kicks



10 climbers

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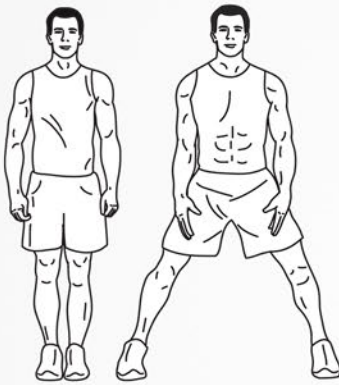
## Day 27

Level I 6 sets

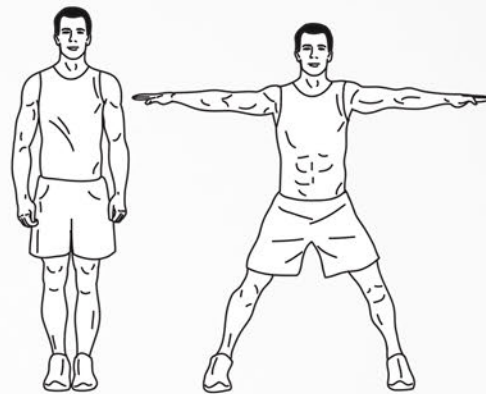
Level II 8 sets

Level III 10 sets

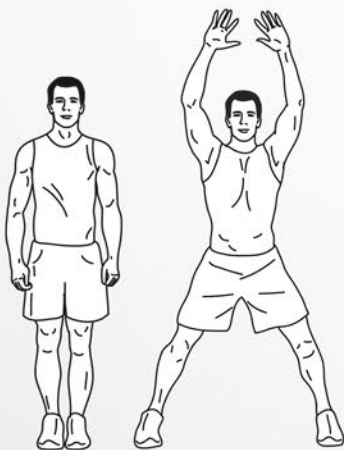
2 minute rest between sets



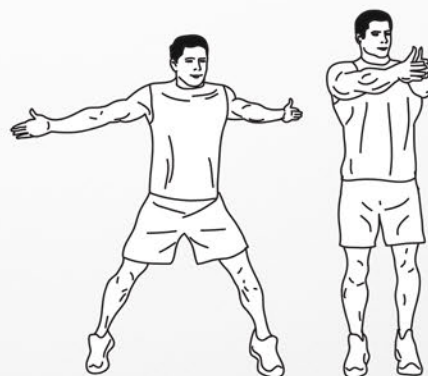
40 half jacks



10 jumping Ts



40 jumping jacks



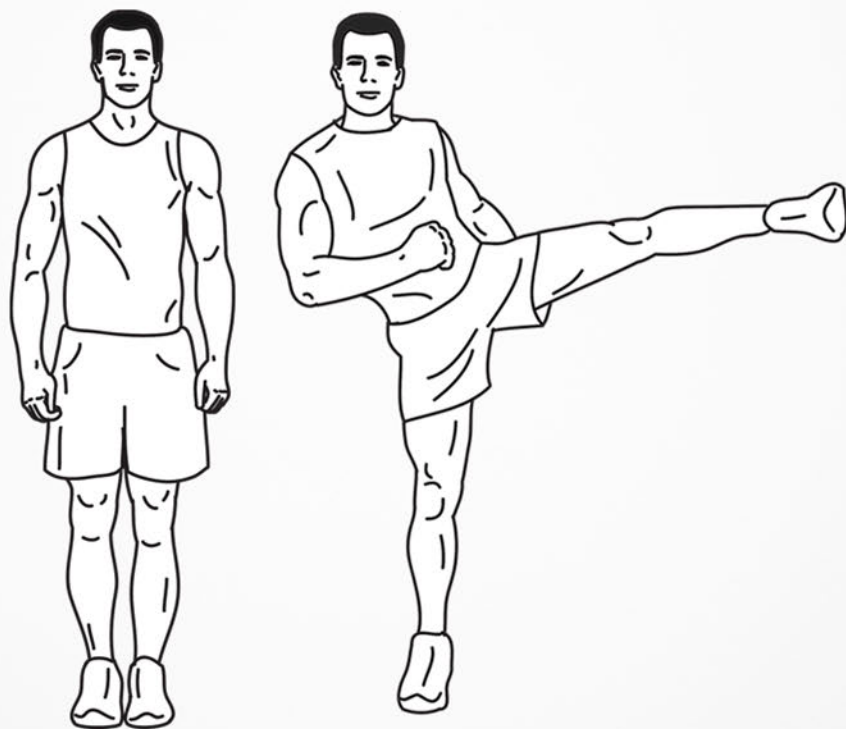
10 seal jumps

30 days  
**CARDIO  
BLAST**

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Day 28

reps throughout the day  
complete a total of 300 leg raises  
by the end of the day



**300 side leg raises**

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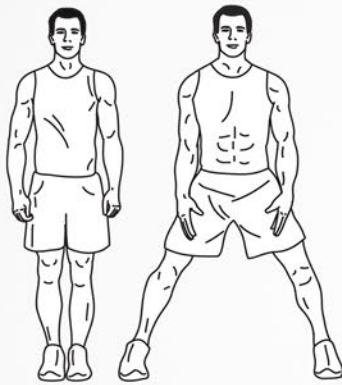
## Day 29

Level I 6 sets

Level II 8 sets

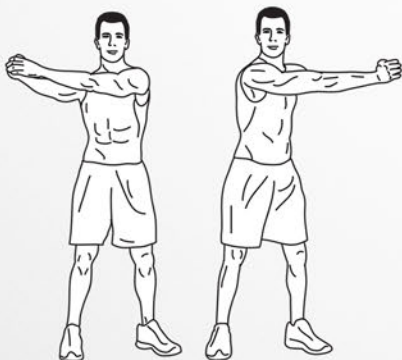
Level III 10 sets

2 minute rest between sets



**filler**

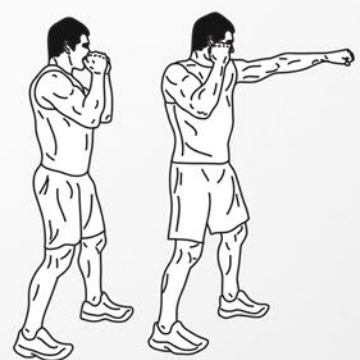
before and after each exercise:  
20 half jacks



20 side-to-side chops



20 raised arm circles



20 punches

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## Day 30

Level I 6 sets

Level II 8 sets

Level III 10 sets

2 minute rest between sets



40 high knees

squat

40 high knees

squat

40 high knees

squat

40 high knees

squat

40 high knees

squat

rest



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