

30 days of
CARDIO

HARD

30 Days of **CARDIO**

HARD

DAY 1

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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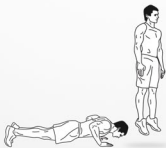
20 jumping jacks



10 plank jacks



20 jumping jacks



10 burpees

30 Days of **CARDIO**

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DAY 2

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20 high knees



10 jump squats



20 high knees



10 jumping lunges

30 Days of **CARDIO** **HARD**

DAY 3

Level I 3 sets

Level II 5 sets

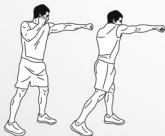
Level III 7 sets

2 minutes rest between sets

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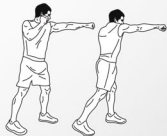
10 burpees



20 punches



20 overhead punches



20 punches

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DAY 4

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20 jumping jacks



10 plank rotations



20 jumping jacks



20 seal jacks

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DAY 5

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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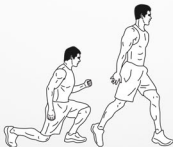
20 butt kicks



20 high knees



20 butt kicks



10 jumping lunges

30 Days of **CARDIO**

HARD

DAY 6

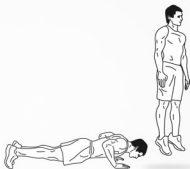
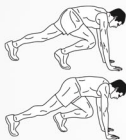
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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10 climbers

4 burpees

10 climbers

4 burpees

10 climbers

4 burpees

10 climbers

4 burpees

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DAY 7

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20 jumping jacks



10 hop heel clicks



20 jumping jacks



10 side-to-side lunges

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DAY 8

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20 high knees



10 jump squats



20 high knees



10 climbers

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DAY 9

Level I 3 sets

Level II 5 sets

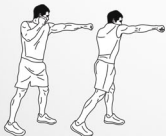
Level III 7 sets

2 minutes rest between sets

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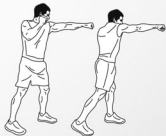
40 side leg raises



20 punches



20 overhead punches



20 punches

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DAY 10

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20 jumping jacks



10 plank jacks



20 jumping jacks



10 plank rotations

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DAY 11

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20 high knees



20 climbers



20 high knees



10 jumping lunges

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HARD

DAY 12

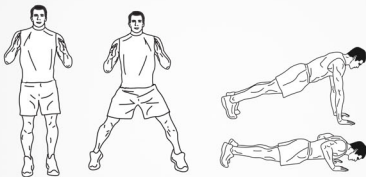
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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10 half jacks

2 push-ups

10 half jacks

2 push-ups

10 half jacks

2 push-ups

10 half jacks

2 push-ups

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DAY 13

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20 seal jacks



20 knee-to-elbow



20 seal jacks



10 jump squats

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DAY 14

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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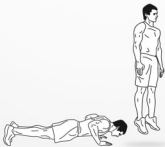
20 high knees



20 shoulder taps



20 high knees



10 burpees

30 Days of **CARDIO**

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DAY 15

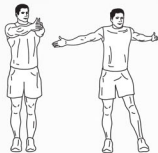
Level I 3 sets

Level II 5 sets

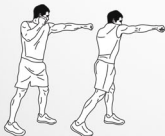
Level III 7 sets

2 minutes rest between sets

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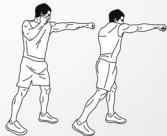
40 seal step jacks



20 punches



20 overhead punches



20 punches

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DAY 16

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20 jumping jacks



10 twist jacks



20 jumping jacks



10 side-to-side jumps

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DAY 17

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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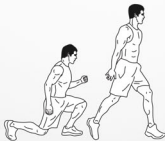
20 high knees



20 butt kicks



20 high knees



10 jumping lunges

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DAY 18

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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10 toe tap hops

4 climber taps

10 toe tap hops

4 climber taps

10 toe tap hops

4 climber taps

10 toe tap hops

4 climber taps

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DAY 19

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20 jumping jacks



20 jumping Ts



20 jumping jacks



10 burpees

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DAY 20

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20 split jacks



20 high knees



20 split jacks



20 plank leg raises

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DAY 21

Level I 3 sets

Level II 5 sets

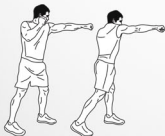
Level III 7 sets

2 minutes rest between sets

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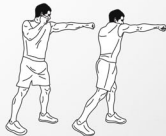
40 back leg raises



20 punches



20 overhead punches



20 punches

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DAY 22

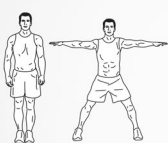
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

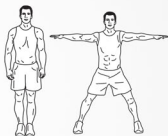
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20 jumping Ts



10 jump squats



20 jumping Ts



20 shoulder taps

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DAY 23

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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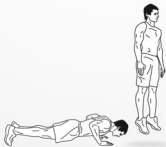
20 climbers



20 high knees



20 climbers



10 burpees

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DAY 24

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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10 half jacks

2 plank walk-outs

10 half jacks

2 plank walk-outs

10 half jacks

2 plank walk-outs

10 half jacks

2 plank walk-outs

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DAY 25

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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10 plank rotations



20 seal jacks



10 plank rotations



10 plank jacks

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HARD

DAY 26

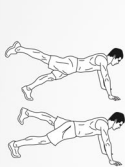
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

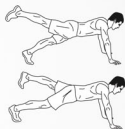
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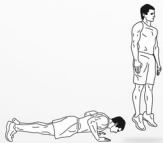
20 plank leg raises



20 split jacks



20 plank leg raises



10 burpees

30 Days of **CARDIO** **HARD**

DAY 27

Level I 3 sets

Level II 5 sets

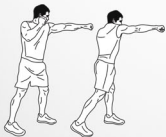
Level III 7 sets

2 minutes rest between sets

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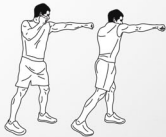
20 reverse lunges



20 punches



20 overhead punches



20 punches

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HARD

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 jumping jacks



20 knee-to-elbow



10 jumping lunges

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DAY 29

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20 climbers



20 high knees



20 climbers



20 shoulder taps

30 Days of **CARDIO**

HARD

DAY 30

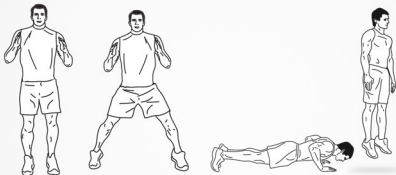
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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10 half jacks

4 burpees

10 half jacks

4 burpees

10 half jacks

4 burpees

10 half jacks

4 burpees