

30 days of  
**CARDIO**

# 30 Days of CARDIO

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## DAY 1

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



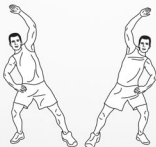
**20** jumping jacks



**20** half jacks



**20** jumping jacks



**20** side jacks

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## DAY 2

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



**20** high knees



**20** march steps



**20** high knees



**20** butt kicks

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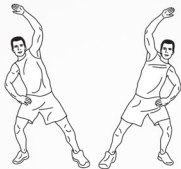
## DAY 3

Level I 3 sets

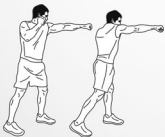
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



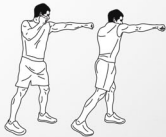
**20** side jacks



**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



**20** march jacks



**20** jumping jacks



**20** march 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



**20** butt kicks



**20** high knees



**20** butt kicks



**20** split jacks

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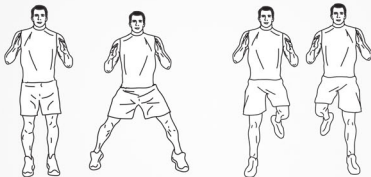
## DAY 6

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



**10** half jacks

**4** side-to-side hops

**10** half jacks

**4** side-to-side hops

**10** half jacks

**4** side-to-side hops

**10** half jacks

**4** side-to-side hops

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**DAY 7**

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



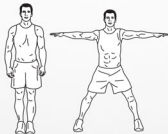
**20** jumping jacks



**20** march jacks



**20** jumping jacks



**20** jumping Ts



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**DAY 8**

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



**20** high knees



**20** butt kicks



**20** high knees



**20** knee-to-elbow

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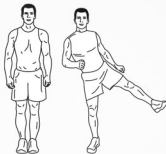
**DAY 9**

**Level I** 3 sets

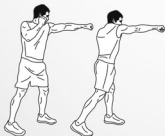
**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



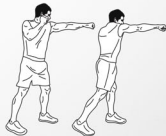
**40** side leg raises



**20** punches



**20** overhead punches



**20** punches

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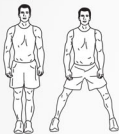
**DAY 10**

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



**20** half jacks



**20** jumping jacks



**20** half jacks



**20** twist jacks

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**DAY 11**

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



**20** high knees



**20** butt kicks



**20** high knees



**20** climbers

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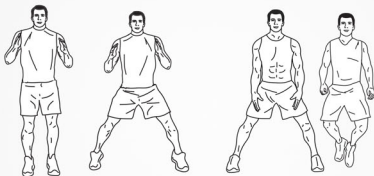
**DAY 12**

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



**10** half jacks

**2** hop heel clicks

**10** half jacks

**2** hop heel clicks

**10** half jacks

**2** hop heel clicks

**10** half jacks

**2** hop heel clicks

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**DAY 13**

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



**20** seal jacks



**20** knee-to-elbow



**20** seal jacks



**20** half jacks

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**DAY 14**

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



**20** high knees



**20** climbers



**20** high knees



**20** shoulder taps

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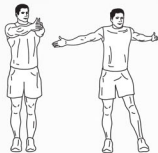
**DAY 15**

**Level I** 3 sets

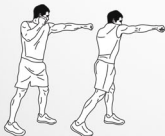
**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



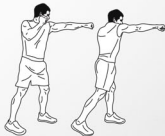
**40** seal step jacks



**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



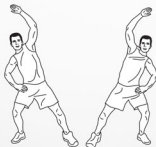
**20** jumping jacks



**20** knee-to-elbow



**20** jumping jacks



**20** side jacks

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**DAY 17**

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



**20** butt kicks



**20** high knees



**20** butt kicks



**20** climbers

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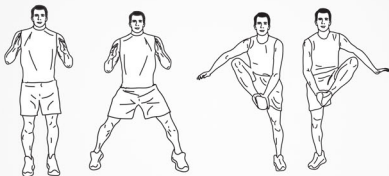
**DAY 18**

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



**10** half jacks

**4** toe tap hops

**10** half jacks

**4** toe tap hops

**10** half jacks

**4** toe tap hops

**10** half jacks

**4** toe tap hops

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**DAY 19**

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



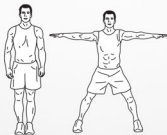
**20** march jacks



**20** jumping jacks



**20** march jacks



**20** jumping Ts

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**DAY 20**

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



**20** split jacks



**20** butt kicks



**20** split jacks



**20** plank leg raises

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**DAY 21**

**Level I** 3 sets

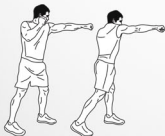
**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



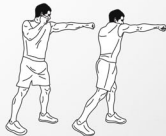
**40** back leg raises



**20** punches



**20** overhead punches



**20** punches

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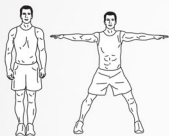
**DAY 22**

**Level I** 3 sets

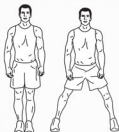
**Level II** 5 sets

**Level III** 7 sets

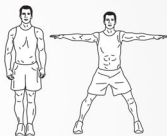
2 minutes rest between sets



**20** jumping Ts



**20** half jacks



**20** jumping Ts



**20** jumping jacks

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**DAY 23**

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



**20** climbers



**20** high knees



**20** climbers



**20** shoulder taps



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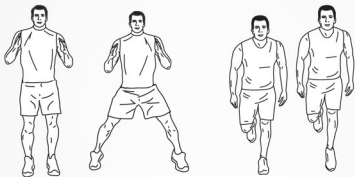
## DAY 24

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



**12** half jacks

**4** single leg hops / left leg

**12** half jacks

**4** single leg hops / right leg

**12** half jacks

**4** single leg hops / left leg

**12** half jacks

**4** single leg hops / right leg

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**DAY 25**

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



**20** march jacks



**20** seal jacks



**20** march jacks



**20** twist jacks

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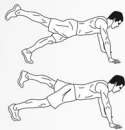
**DAY 26**

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



**20** plank leg raises



**20** split jacks



**20** plank leg raises



**20** climbers

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**DAY 27**

**Level I** 3 sets

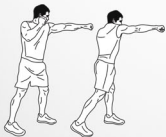
**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



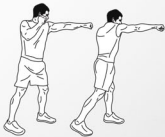
**20** reverse lunges



**20** punches



**20** overhead punches



**20** punches

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**DAY 28**

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



**20** knee-to-elbow



**20** jumping jacks



**20** knee-to-elbow



**20** side jacks

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**DAY 29**

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



**20** shoulder taps



**20** high knees



**20** shoulder taps



**20** climbers

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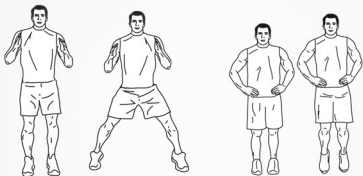
## DAY 30

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



**10** half jacks

**5** hops on the spot

**10** half jacks

**5** hops on the spot

**10** half jacks

**5** hops on the spot

**10** half jacks

**5** hops on the spot