



30 days of
CHANGE

streamline

RUNNING + BODYWEIGHT TRAINING

30 days of CHANGE

Day 1

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Part I Cardio



- Level I 30 minutes of walking
- Level II 30 minutes of jogging
- Level III 30 minutes of running

Part II Circuit Focus Legs

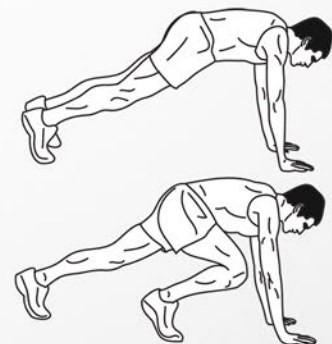
- Level I 6 reps Level II 10 reps Level III 12 reps
- Level I 3 sets Level II 5 sets Level III 7 sets
- up to 2 minutes rest between sets



lunges



squats

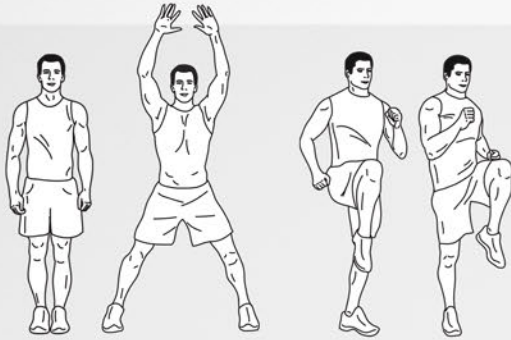


slow climbers

30 days of CHANGE

Day 2

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Part I Circuit

- 4 jumping jacks
- 4 high knees
- 10 jumping jacks
- 10 high knees
- 20 jumping jacks
- 20 high knees
- 10 jumping jacks
- 10 high knees
- 4 jumping jacks
- 4 high knees

5 sets

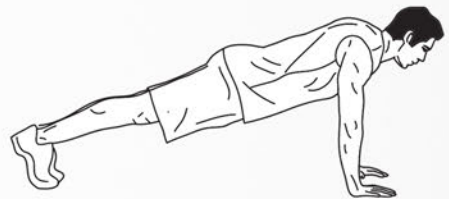
up to 2 minutes rest between sets

Part II Endurance

1. plank

repeat 3 times during the day

- LEVEL I 30 seconds
- LEVEL II 2 minutes
- LEVEL III 3 minutes



2. wall-sit

repeat 3 times during the day

- LEVEL I 30 seconds
- LEVEL II 2 minutes
- LEVEL III 3 minutes



30 days of CHANGE

Day 3

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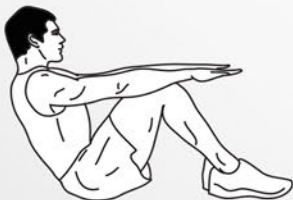
Part I
Cardio

60
minutes

spread throughout the day
walk, jog or run
bike, swim or row

Part II
Circuit
Focus Abs

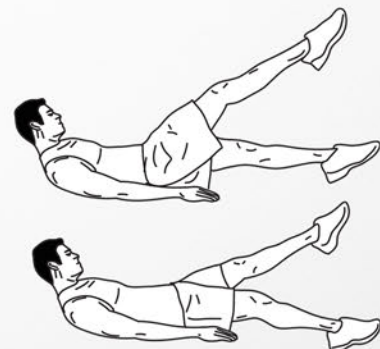
Level I 6 reps Level II 10 reps Level III 20 reps
repeat 5 times - all levels
up to 2 minutes rest between sets



sit-ups



sitting twists



flutter kicks

30 days of CHANGE

Day 4

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Part I Cardio



warm-up 2 minute walk
1 minute run then 1 minute walk
2 minute run then 2 minute walk
3 minute run then 3 minute walk
4 minute run then 4 minute walk
cool-down light jog for 2 minute

Part II Circuit Focus Legs

Level I 10 reps Level II 12 reps Level III 16 reps
Level I 3 sets Level II 4 sets Level III 5 sets
up to 2 minutes rest between sets



squats



side-to-side lunges



side leg raises

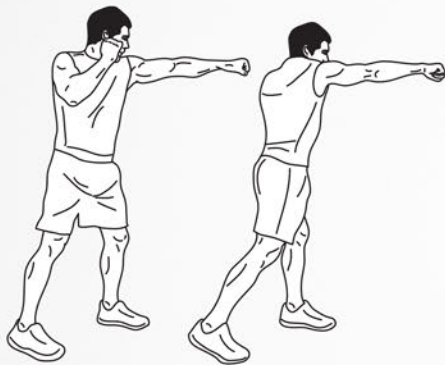
30 days of CHANGE

Day 5

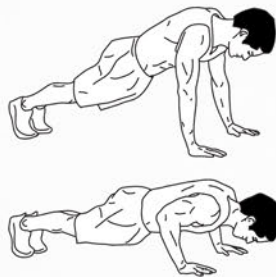
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Upperbody Focus

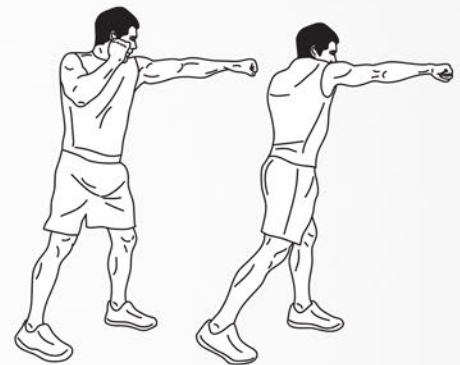
push-ups LEVEL I 1 push-up LEVEL II 2 push-ups LEVEL III 4 push-ups
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



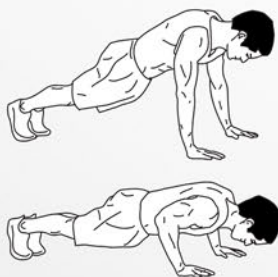
20 punches



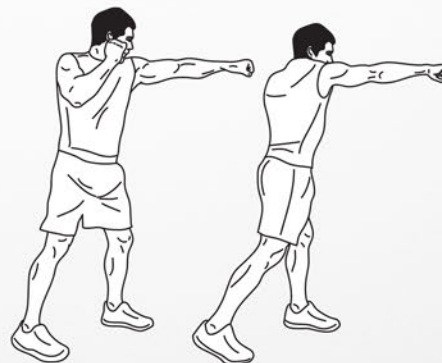
X push-ups



20 punches



X push-ups



20 punches

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Day 6

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Part I Cardio



Level I 20 minutes walk, jog or run

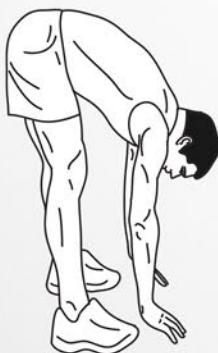
Level II 20 minutes jog or run

Level III 20 minutes run

Part II Stretching

right after cardio

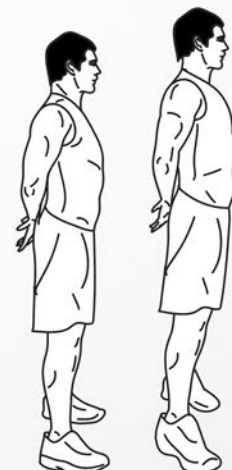
1 minute each | 5 sets - all levels
up to 2 minutes rest between sets



toe touches



kneeling hip flexors



calf raises

30 days of CHANGE

Day 7

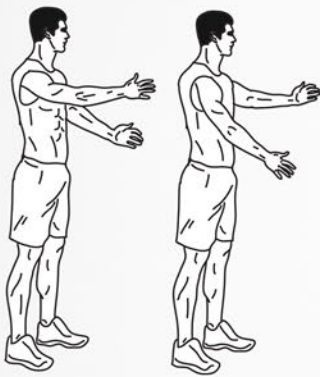
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Upperbody & Abs

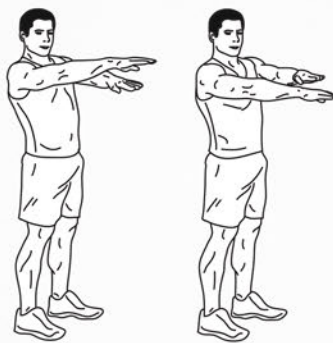
X LEVEL I 6 reps LEVEL II 10 reps LEVEL III 20 reps

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

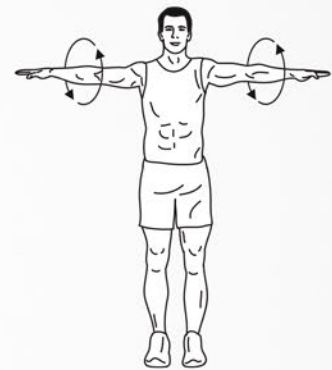
up to 2 minutes rest between sets



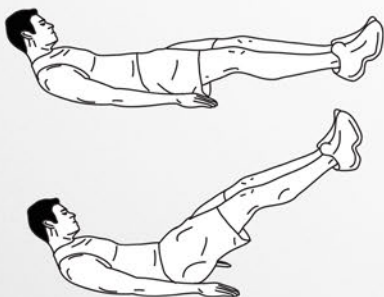
20 arm chops



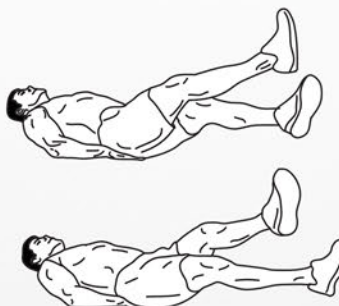
20 scissor chops



20 raised arm rotations



X leg raises



X scissors



X raised leg circles

30 days of CHANGE

Day 8

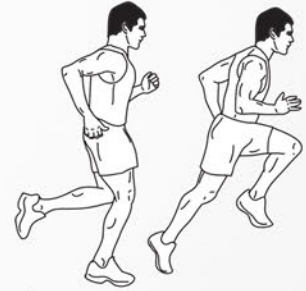
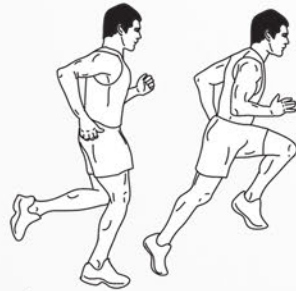
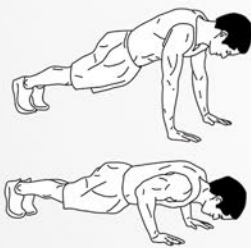
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Part I Cardio



20 minutes - low speed or walk
10 minutes - jog at a comfortable pace
10 minutes - run at your 80%

Part II Sprints



Level I 1 minutes
Level II 2 minutes
Level III 3 minutes

1 push-up
5 second sprint
1 squat
5 second sprint

non-stop
until the time is up

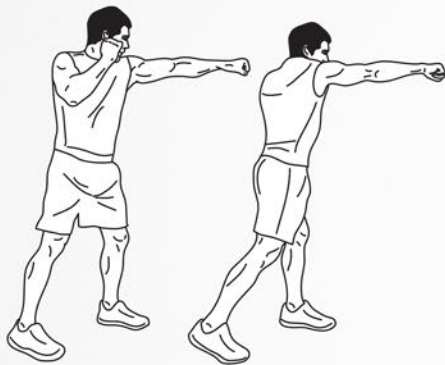
30 days of CHANGE

Day 9

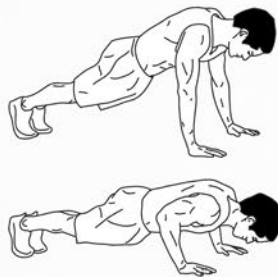
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Upperbody Focus

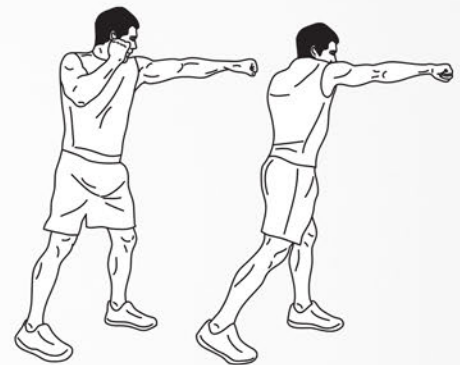
push-ups LEVEL I 2 push-ups LEVEL II 3 push-ups LEVEL III 4 push-ups
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



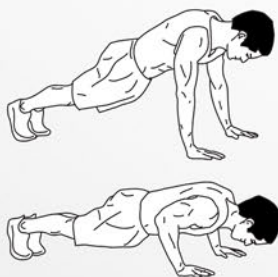
20 punches



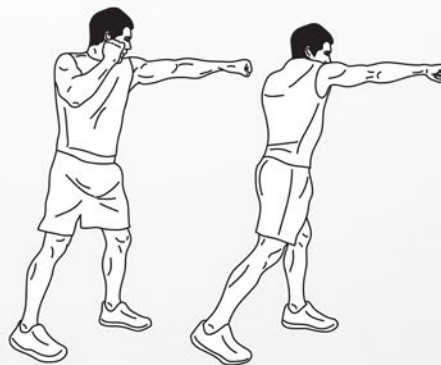
X push-ups



20 punches



X push-ups



20 punches

30 days of CHANGE

Day 10

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Part I Cardio



20 minutes

of walking/ jogging/ running

followed by 5 x 10second sprints

30 second rest between sprints

Part II Circuit Focus Legs

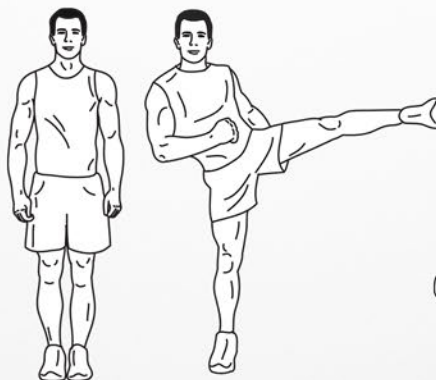
Level I 12 reps Level II 14 reps Level III 20 reps

Level I 3 sets Level II 4 sets Level III 5 sets

up to 2 minutes rest between sets



lunge step-ups



side leg raises



jump squats

30 days of CHANGE

Day 11

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Part I
Cardio

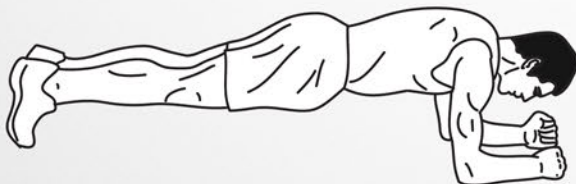
60
minutes

spread throughout the day
walk, jog or run
bike, swim or row

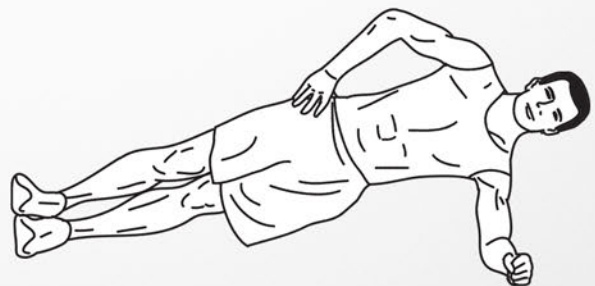
Part II
Abs & Core

LEVEL I 1 set LEVEL II 3 sets LEVEL III 5 sets
up to 2 minutes rest between sets

30 second elbow plank
15 second side plank on one side
15 second side plank on the other side
30 second elbow plank



elbow plank hold



elbow side plank hold

30 days of CHANGE

Day 12

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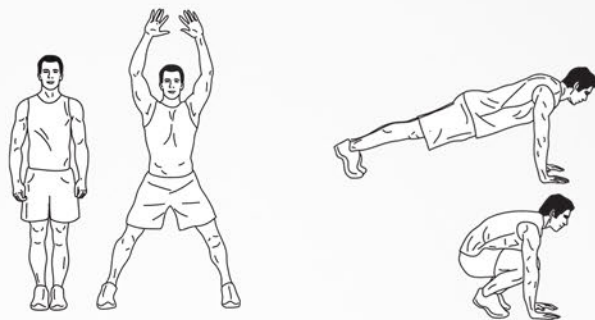
Bodyweight Cardio

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

up to 2 minutes rest between sets

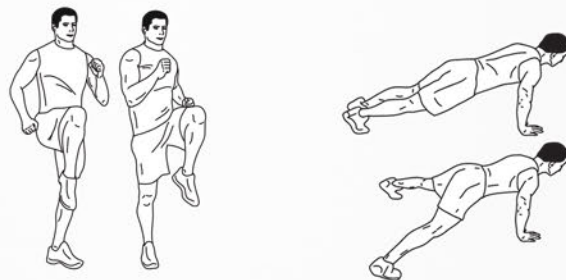
20 jumping jacks

10 plank jump-ins



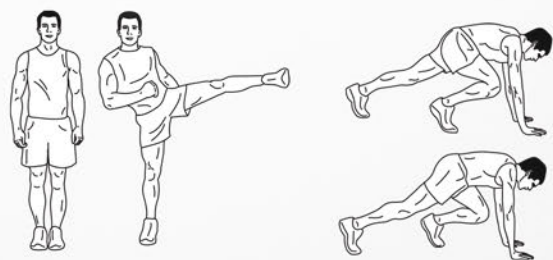
20 high knees

10 plank jacks



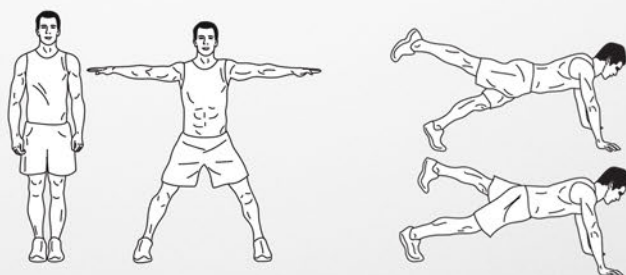
20 leg raises

10 climbers



20 jumping Ts

10 plank leg raises



30 days of CHANGE

Day 13

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Part I Cardio

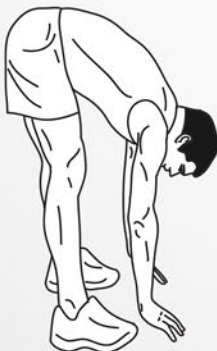


run / jog / walk
with extra weight 2 lbs [1 kg]
LEVEL I 20 minutes
LEVEL II 30 minutes
LEVEL III 40 minutes

Part II Stretching

right after cardio

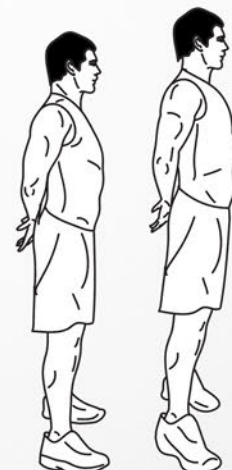
1 minute each | 5 sets - all levels
up to 2 minutes rest between sets



toe touches



kneeling hip flexors



calf raises

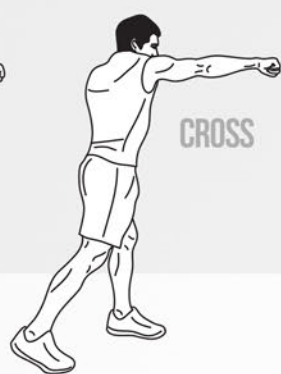
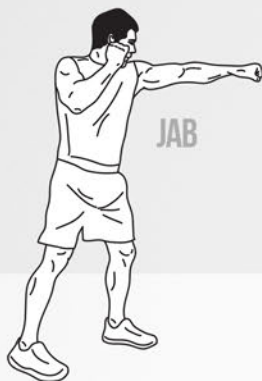
30 days of CHANGE

Day 14

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Part I Shadowboxing

5 minutes - move as fast as you can X 5 sets
2 minutes rest between sets
use the moves below



Part II Circuit Focus Legs

Level I 14 reps Level II 16 reps Level III 20 reps
Level I 3 sets Level II 4 sets Level III 5 sets
up to 2 minutes rest between sets



squats



lunges



side leg raises

30 days of CHANGE

Day 15

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Part I Cardio



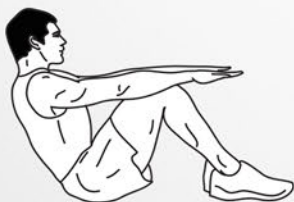
Level I 20 minutes walk, jog or run

Level II 20 minutes jog or run

Level III 20 minutes run

Part II Circuit Focus Abs

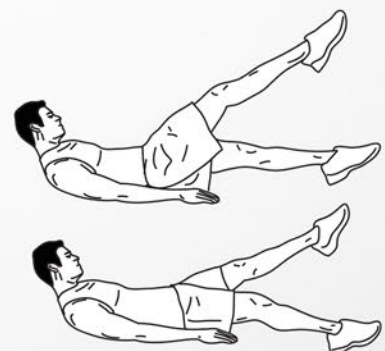
Level I 10 reps Level II 16 reps Level III 24 reps
repeat 5 times - all levels
up to 2 minutes rest between sets



sit-ups



sitting twists



flutter kicks

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Day 16

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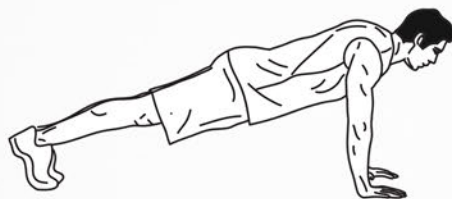
Endurance

LEVEL I 20 seconds LEVEL II 40 seconds LEVEL III 60 seconds

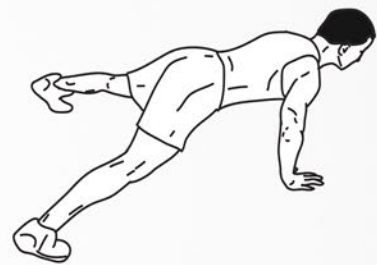
3 sets - all levels | up to 2 minutes rest between sets



squat hold



plank hold



wide leg plank hold



side raised leg hold



raised leg hold



superman hold

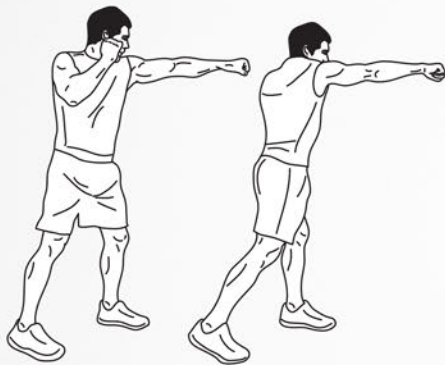
30 days of CHANGE

Day 17

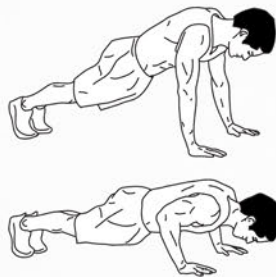
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Upperbody Focus

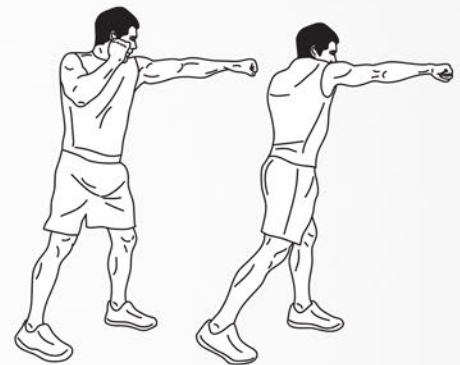
push-ups LEVEL I 3 push-ups LEVEL II 4 push-ups LEVEL III 5 push-ups
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



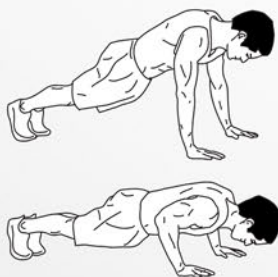
30 punches



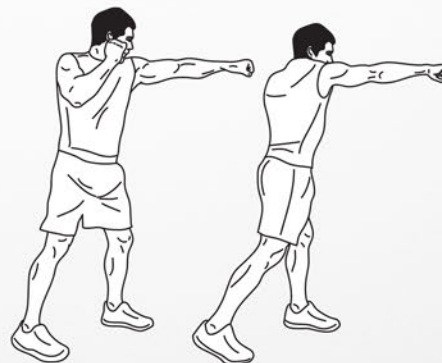
X push-ups



30 punches



X push-ups



30 punches

30 days of CHANGE

Day 18

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Part I Cardio



Level I 30 minutes walk, jog or run

Level II 30 minutes jog or run

Level III 30 minutes run

Part II Stretching

right after cardio

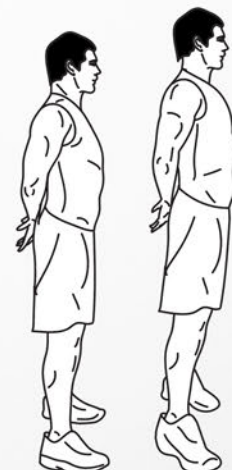
1 minute each | 5 sets - all levels
up to 2 minutes rest between sets



toe touches



kneeling hip flexors



calf raises

30 days of CHANGE

Day 19

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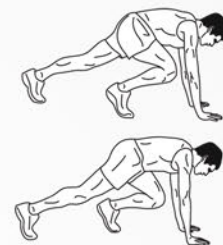
Bodyweight Cardio

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

up to 2 minutes rest between sets

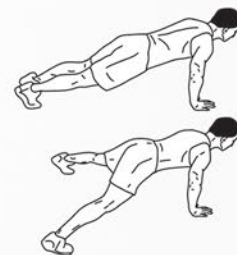
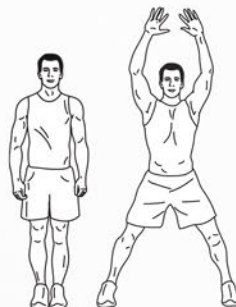
20 high knees

10 climbers



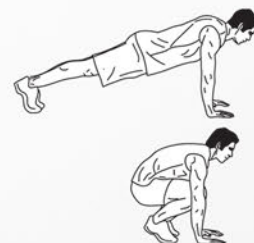
20 jumping jacks

10 plank jacks



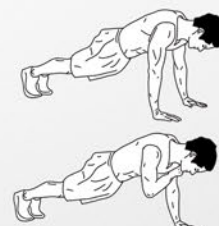
20 squats

10 plank jump-ins



20 arm rotations

10 shoulder taps



30 days of CHANGE

Day 20

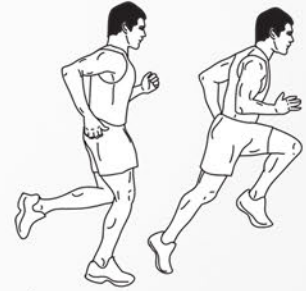
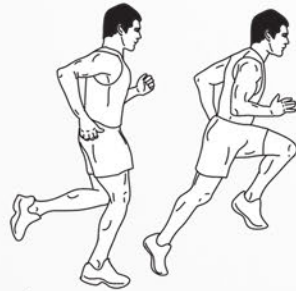
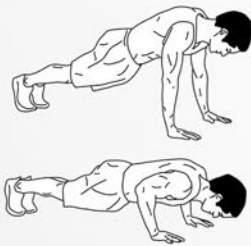
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Part I Cardio



30 minutes - low speed or walk
10 minutes - jog at a comfortable pace
10 minutes - run at your 80%

Part II Sprints



Level I 2 minutes
Level II 3 minutes
Level III 4 minutes

1 push-up
5 second sprint
1 squat
5 second sprint

non-stop
until the time is up

30 days of CHANGE

Day 21

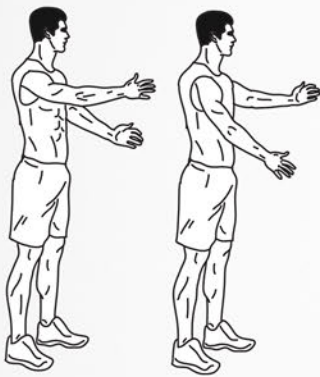
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Upperbody & Abs

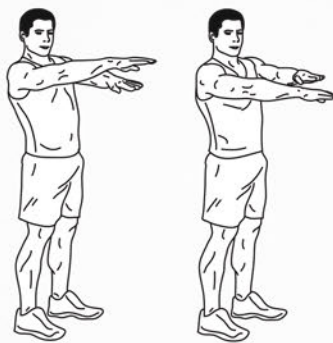
X LEVEL I 8 reps LEVEL II 12 reps LEVEL III 22 reps

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

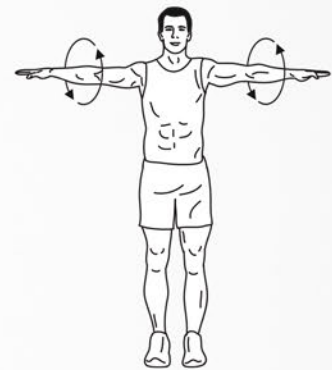
up to 2 minutes rest between sets



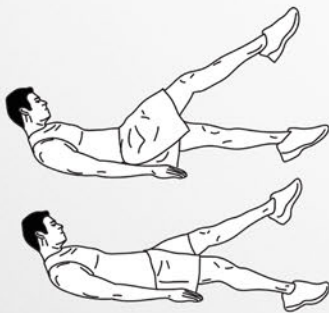
40 arm chops



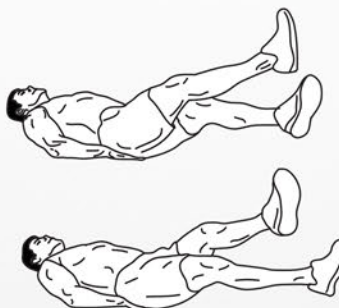
40 scissor chops



40 raised arm rotations



X flutter kicks



X scissors



20-count raised leg hold

30 days of CHANGE

Day 22

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Part I Cardio



Level I 40 minutes walk, jog or run

Level II 40 minutes jog or run

Level III 40 minutes run

Part II Stretching

right after cardio

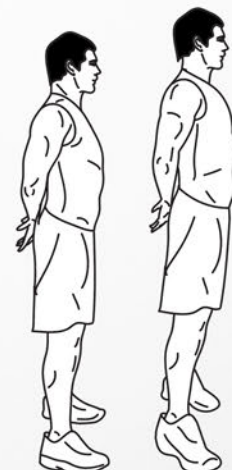
1 minute each | 5 sets - all levels
up to 2 minutes rest between sets



toe touches



kneeling hip flexors

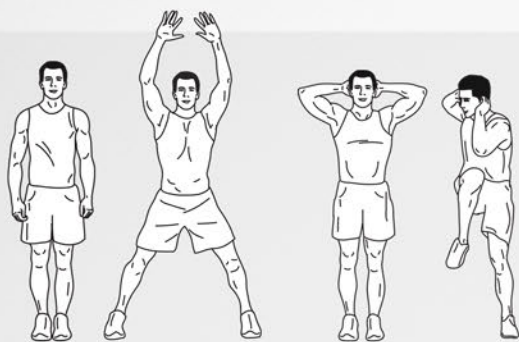


calf raises

30 days of CHANGE

Day 23

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Part I Circuit

- 10 jumping jacks
- 10 knee-to-elbow
- 20 jumping jacks
- 20 knee-to-elbow
- 30 jumping jacks
- 30 knee-to-elbow
- 20 jumping jacks
- 20 knee-to-elbow
- 10 jumping jacks
- 10 knee-to-elbow

5 sets

up to 2 minutes rest between sets

Part II Endurance

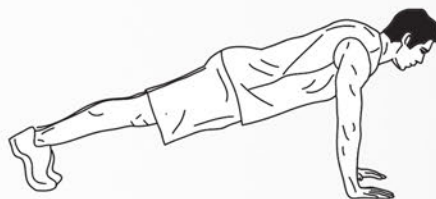
1. plank

repeat 3 times during the day

LEVEL I 30 seconds

LEVEL II 2 minutes

LEVEL III 3 minutes



2. wall-sit

repeat 3 times during the day

LEVEL I 30 seconds

LEVEL II 2 minutes

LEVEL III 3 minutes



30 days of CHANGE

Day 24

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Part I Cardio



20 minutes

of walking/ jogging/ running

followed by 5 x 10second sprints

30 second rest between sprints

Part II Circuit Focus Legs

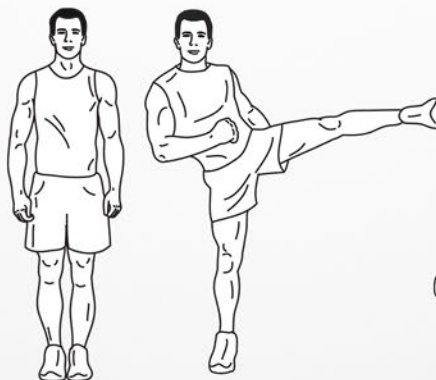
Level I 14 reps Level II 16 reps Level III 22 reps

Level I 3 sets Level II 4 sets Level III 5 sets

up to 2 minutes rest between sets



lunge step-ups



side leg raises



jump squats

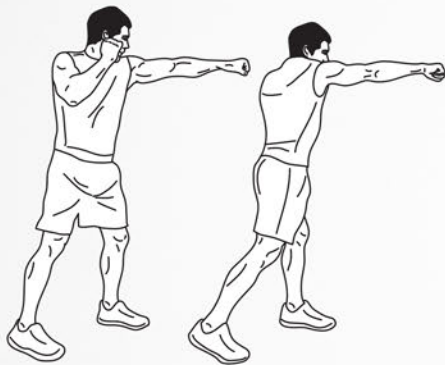
30 days of CHANGE

Day 25

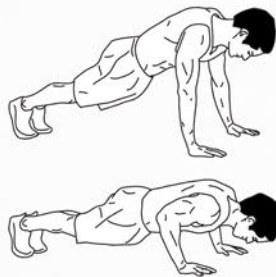
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Upperbody Focus

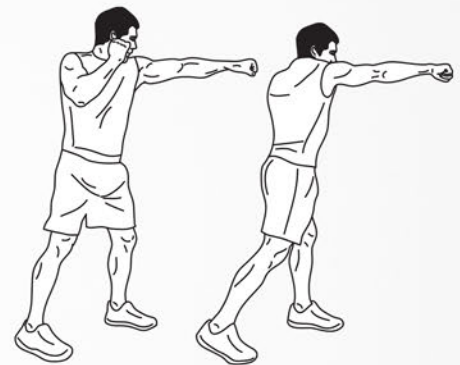
push-ups LEVEL I 4 push-ups LEVEL II 5 push-ups LEVEL III 6 push-ups
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



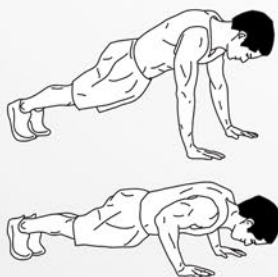
40 punches



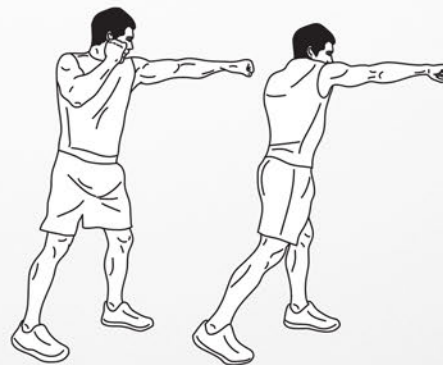
X push-ups



40 punches



X push-ups



40 punches

30 days of CHANGE

Day 26

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Part I
Cardio

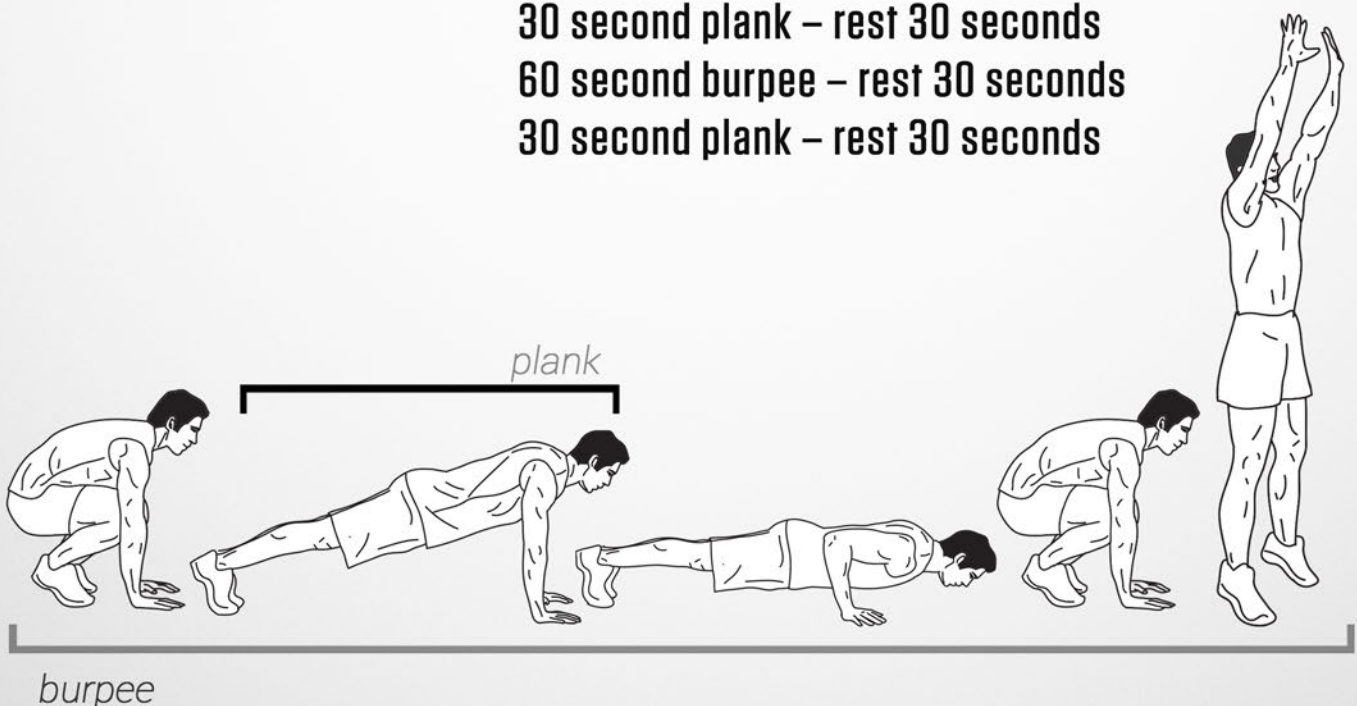
60
minutes

spread throughout the day
walk, jog or run
bike, swim or row

Part II
Circuit
Focus Abs

LEVEL I 1 set LEVEL II 3 sets LEVEL III 5 sets
- throughout the day

60 second burpee – rest 30 seconds
30 second plank – rest 30 seconds
60 second burpee – rest 30 seconds
30 second plank – rest 30 seconds



30 days of CHANGE

Day 27

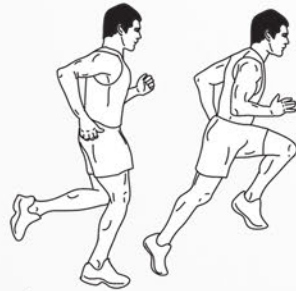
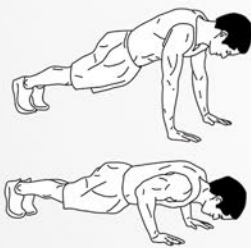
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Part I Cardio



40 minutes - low speed or walk
5 minutes - jog at a comfortable pace
5 minutes - run at your 100%

Part II Sprints



Level I 3 minutes
Level II 4 minutes
Level III 5 minutes

1 push-up
5 second sprint
1 squat
5 second sprint

non-stop
until the time is up

30 days of CHANGE

Day 28

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Part I Cardio



Level I 40 minutes walk, jog or run

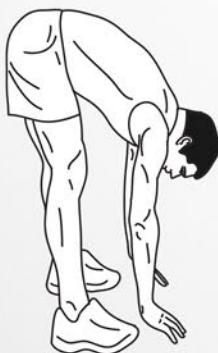
Level II 40 minutes jog or run

Level III 40 minutes run

Part II Stretching

right after cardio

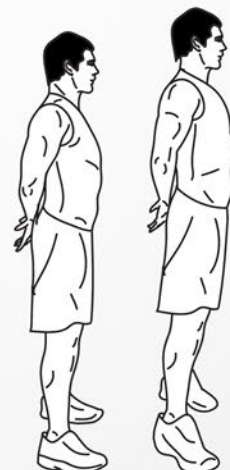
1 minute each | 5 sets - all levels
up to 2 minutes rest between sets



toe touches



kneeling hip flexors



calf raises

30 days of CHANGE

Day 29

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Bodyweight Cardio

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

up to 2 minutes rest between sets

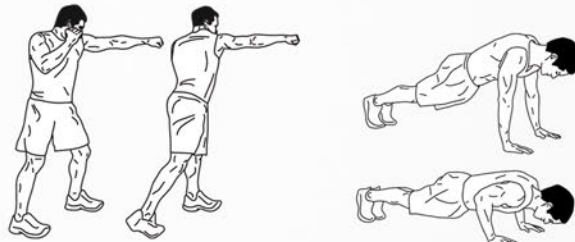
20 high knees

4 side-to-side jumps



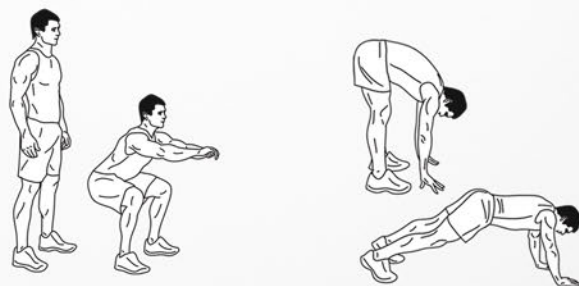
20 punches

4 push-ups



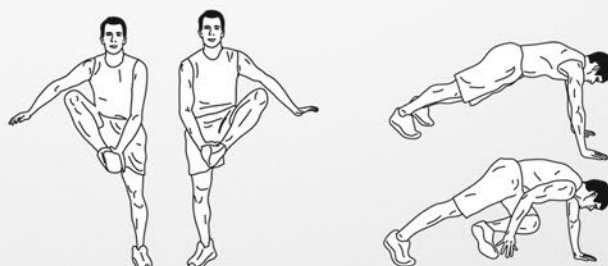
20 squats

4 plank walk-outs



20 toe tap hops

4 climber taps



30 days of CHANGE

Day 30

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Part I Cardio



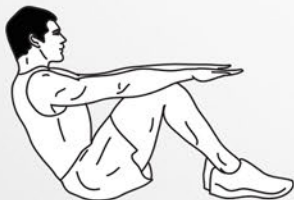
Level I 40 minutes walk, jog or run

Level II 40 minutes jog or run

Level III 40 minutes run

Part II Circuit Focus Abs

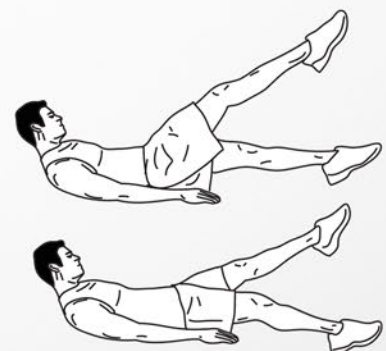
Level I 16 reps Level II 22 reps Level III 30 reps
repeat 5 times - all levels
up to 2 minutes rest between sets



sit-ups



sitting twists



flutter kicks

visual workouts and fitness programs at
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