



90 days of
ACTION

fitness

BODYWEIGHT TRAINING

90 Days of ACTION

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Day 1 | Circuit

Level I 3 sets

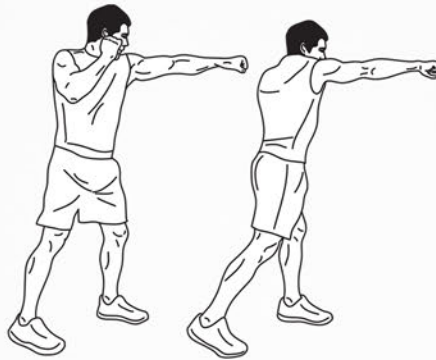
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



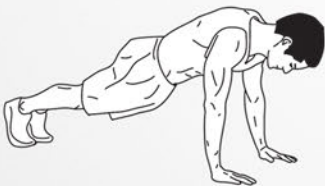
20 squats



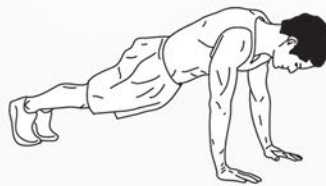
40 punches



10 lunges



10 push-ups



10 shoulder taps



10-count plank

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Day 2 | Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 high knees

4 climbers

10 high knees

4 climbers

10 high knees

4 climbers

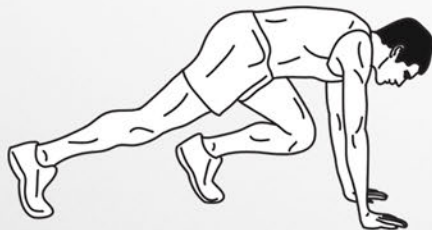


10 high knees

4 climbers

10 high knees

4 climbers



rest

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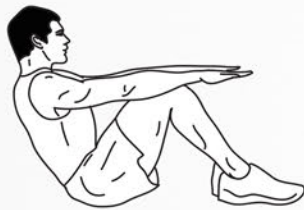
Day 3 | Abs

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



10 sit-ups



10 sitting twists



10 flutter kicks



6 scissors



6 leg raises

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Day 4 | Circuit

Level I 3 sets

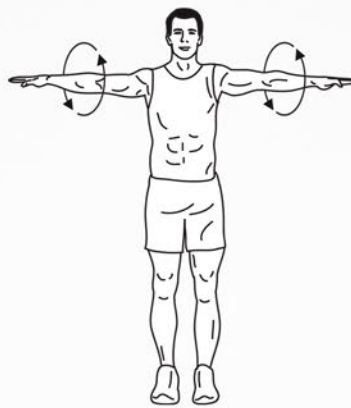
Level II 5 sets

Level III 7 sets

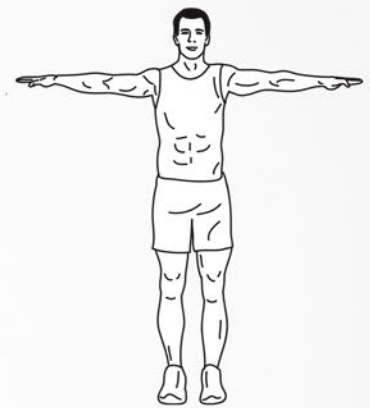
2 minutes rest between sets



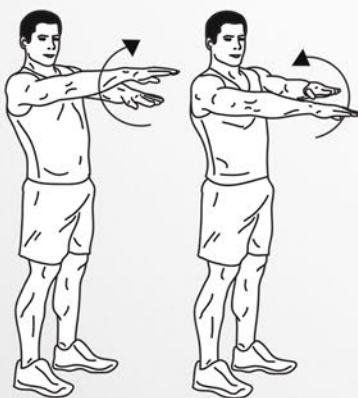
20 side arm raises



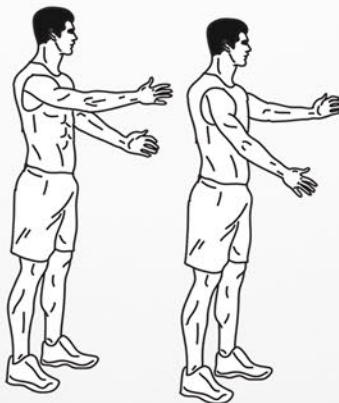
20 raised arm circles



20-count arm hold



20 fast scissors



20 scissor chops



20-count arm hold

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Day 5 | Stretching

Level I 8 reps

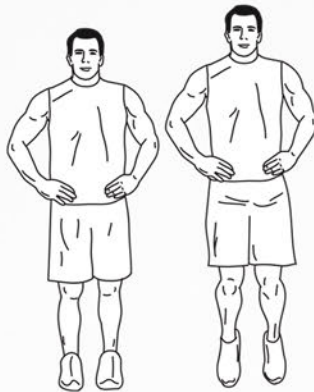
Level II 10 reps

Level III 12 reps

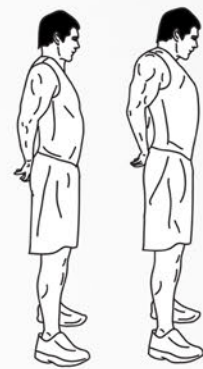
3 sets | 60 seconds rest



hip rotations



hops on the spot



shoulder stretch



hamstring stretch



butterfly stretch



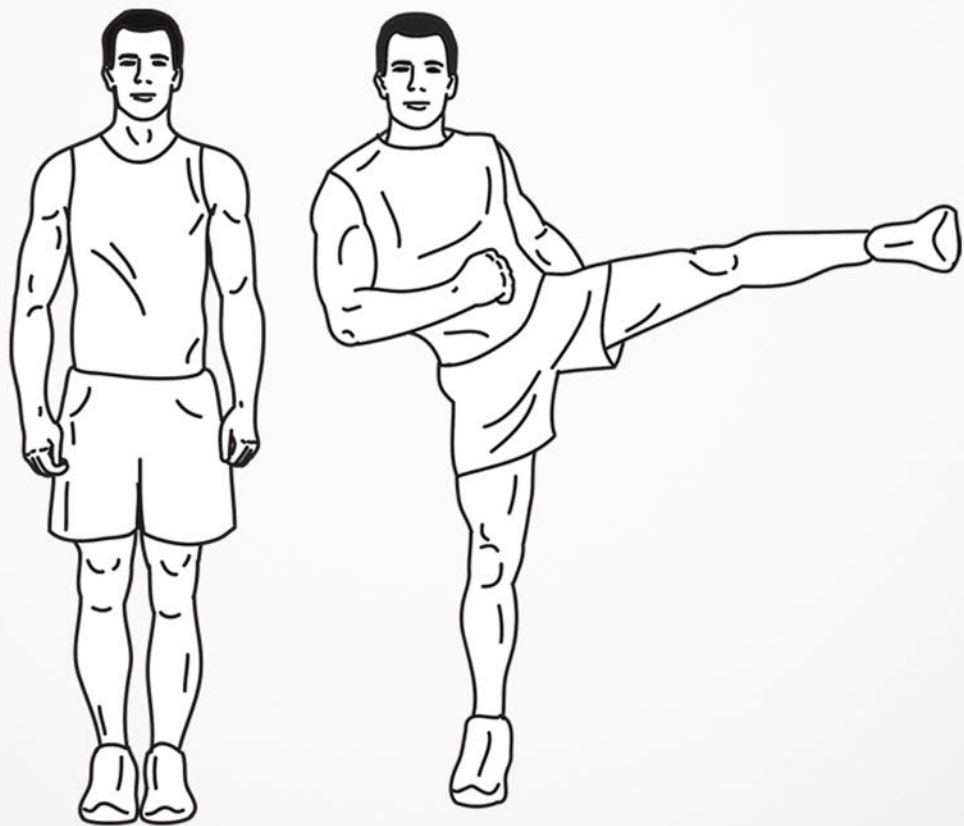
side-to-side lunges

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Day 6 | Challenge

200 side leg raises
reps throughout the day



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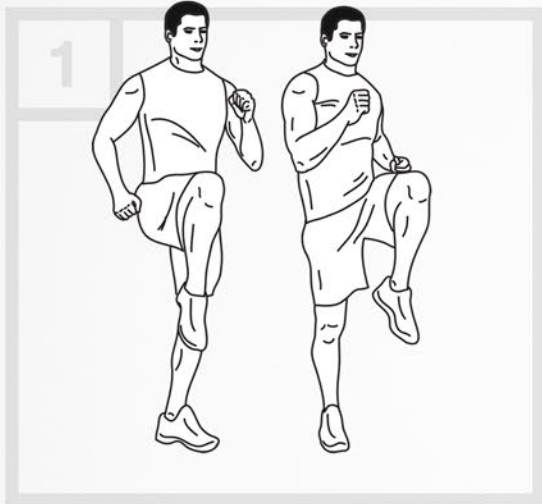
Day 7 | Cardio HIIT

Level I 5 sets

Level II 10 sets

Level III 15 sets

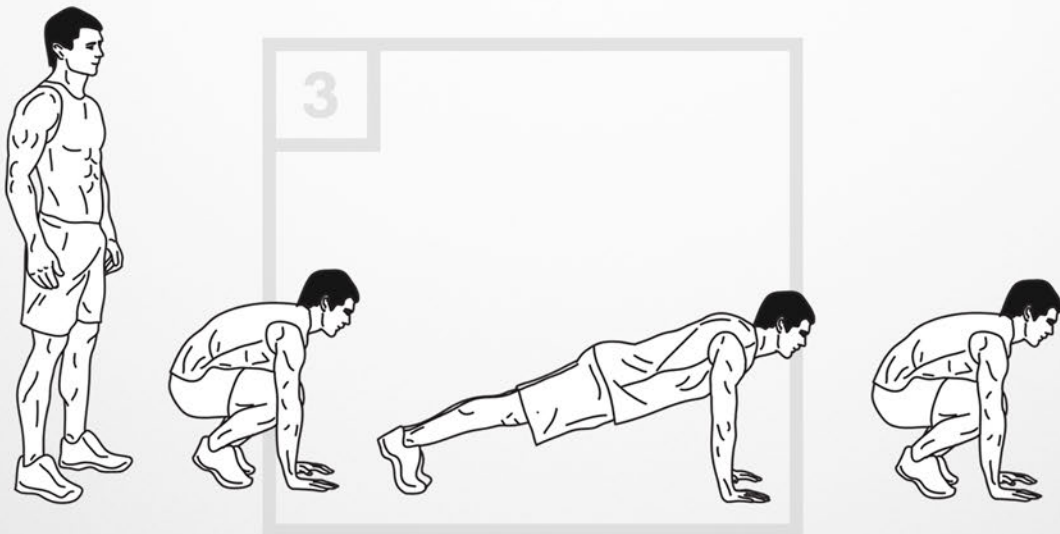
1 minute rest between sets



20sec high knees



20sec squats



20sec basic burpees

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Day 8 | Abs

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



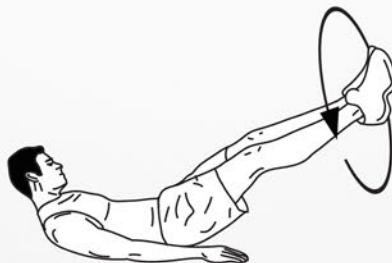
12 air bike crunches



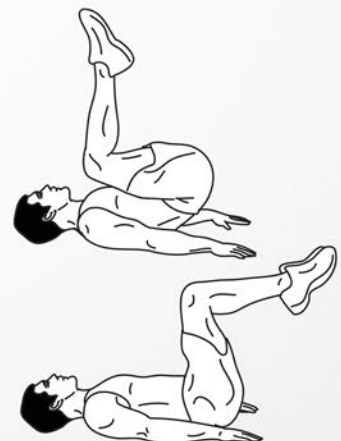
6 long arm crunches



12 flutter kicks



6 raised leg circles



6 reverse crunches

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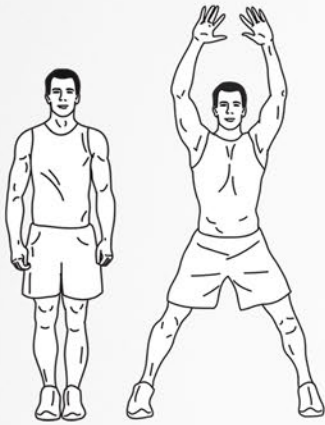
Day 9 | Circuit

Level I 3 sets

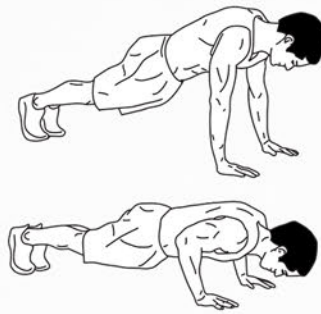
Level II 5 sets

Level III 7 sets

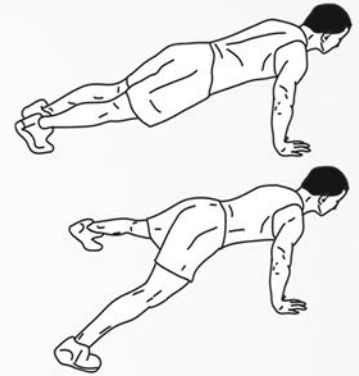
2 minutes rest between sets



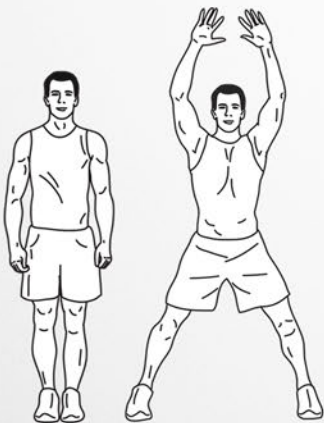
10 jumping jacks



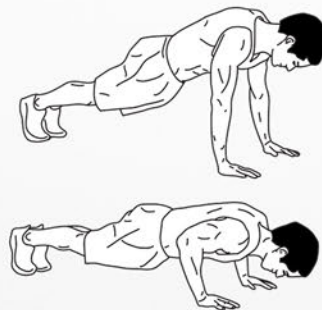
5 push-ups



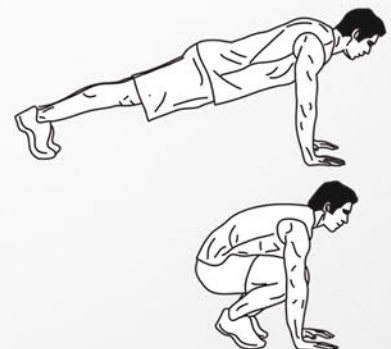
5 plank jacks



10 jumping jacks



5 push-ups



5 plank jump-ins

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Day 10 | Coordination

Level I 3 sets

Level II 5 sets

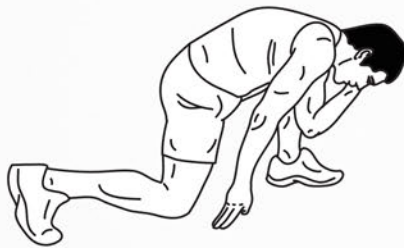
Level III 7 sets

2 minutes rest between sets

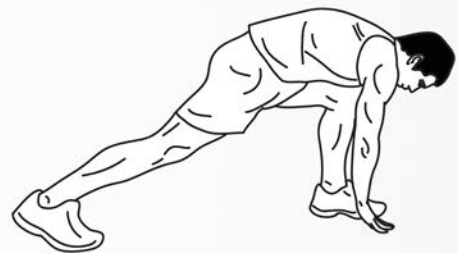


lunge

Repeat the sequence going from one move to the next quickly
10 times in total (5 each side) = 1 set



deep lunge elbow bent



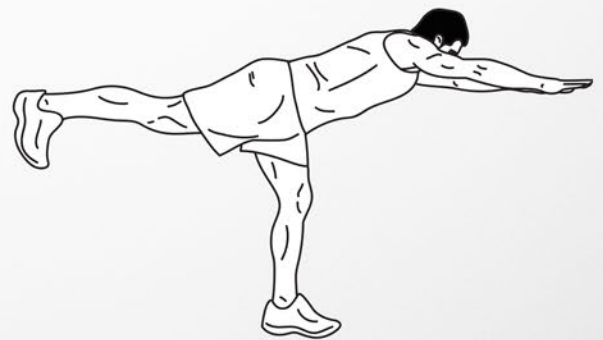
deep lunge



knee raise



knee raise press



balance stand

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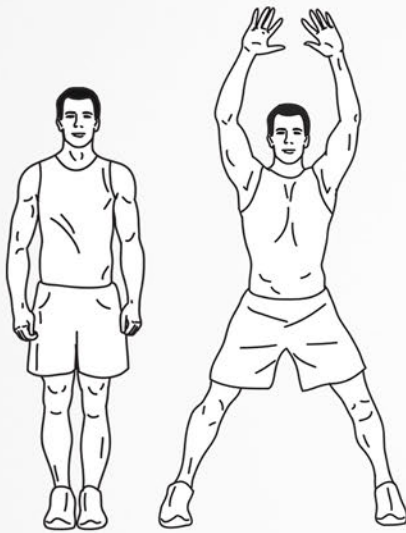
Day 11 | Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 jumping jacks

2 plank jacks

10 jumping jacks

2 plank jacks

10 jumping jacks

2 plank jacks

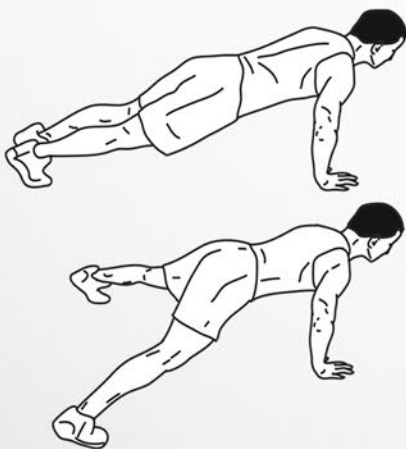
10 jumping jacks

2 plank jacks

10 jumping jacks

2 plank jacks

rest



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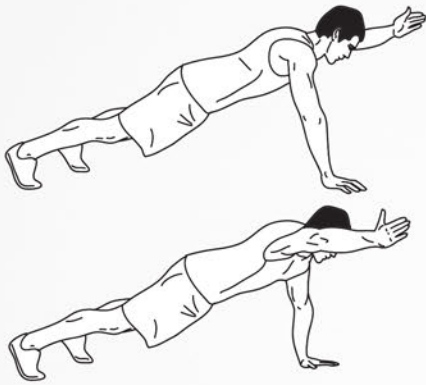
Day 12 | Abs

Level I 3 sets

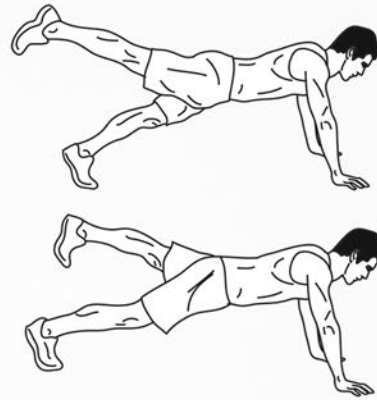
Level II 4 sets

Level III 5 sets

2 minutes rest between sets



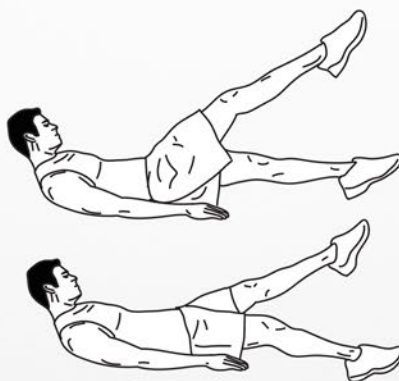
12 plank arm raises



12 plank leg raises



6 reverse crunches



12 flutter kicks



6 heel taps

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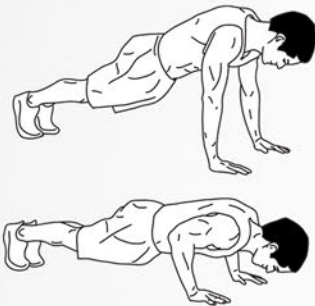
Day 13 | Circuit

Level I 3 sets

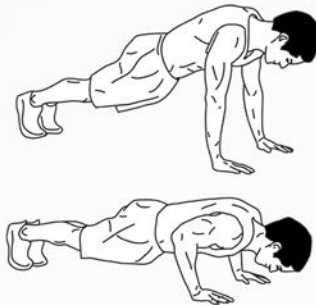
Level II 5 sets

Level III 7 sets

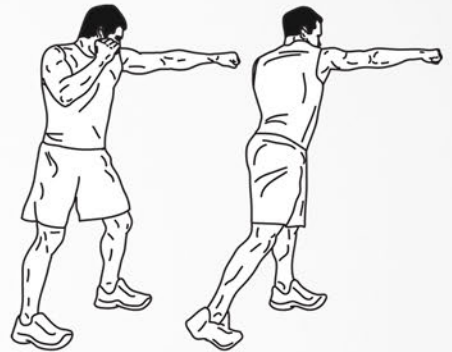
2 minutes rest between sets



10 push-ups



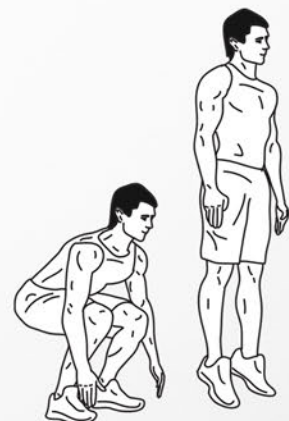
10 combos push-up + jab + cross



10 squats



20 squat hold punches



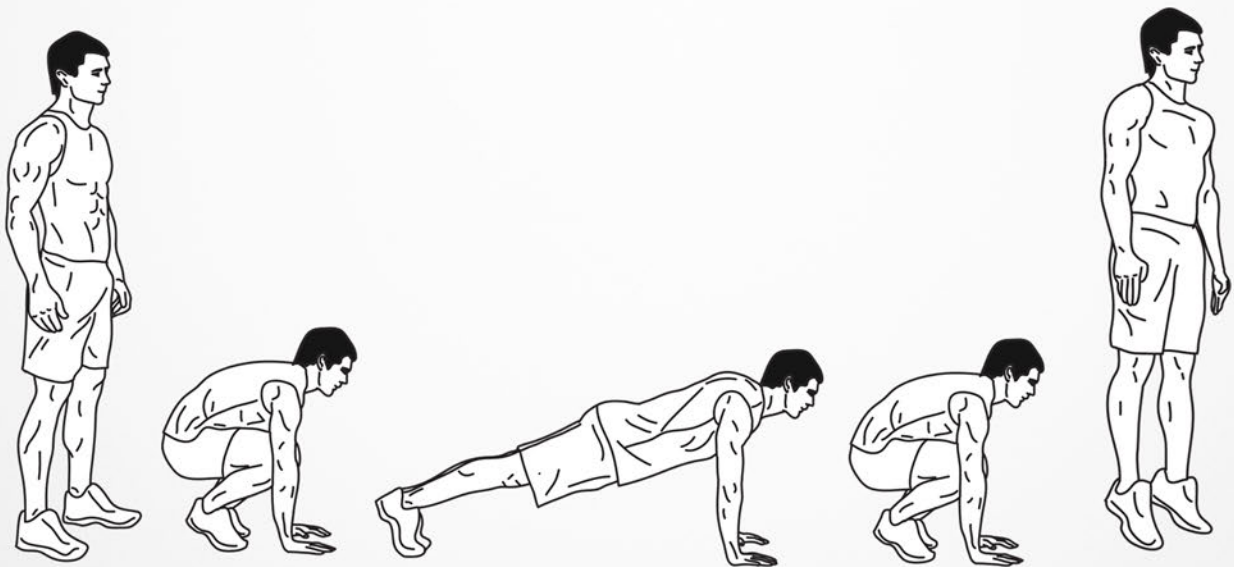
10 jump squats

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Day 14 | Challenge

80 basic burpees
reps throughout the day



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Day 15

Tendon Strength

3 sets | 60 seconds rest



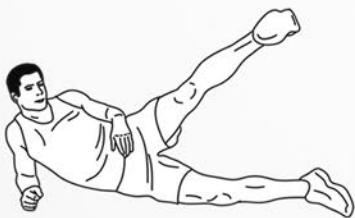
10-count hold



10 side leg raises



10 straight leg swings



10 fast kicks



10 slow kicks

Change legs after once the set is done and repeat it again.
Keep your leg off the floor throughout the sequence.

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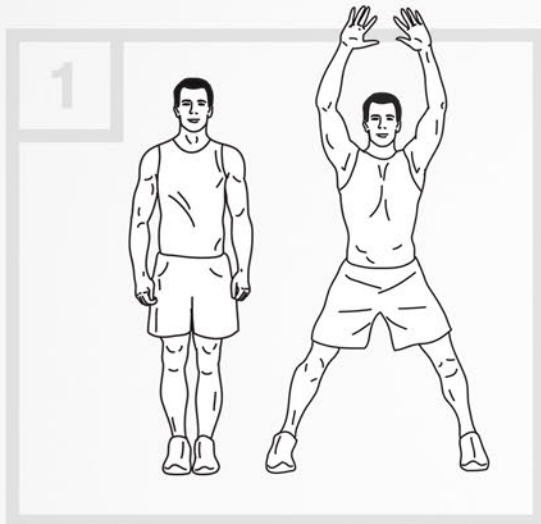
Day 16 | Cardio HIIT

Level I 5 sets

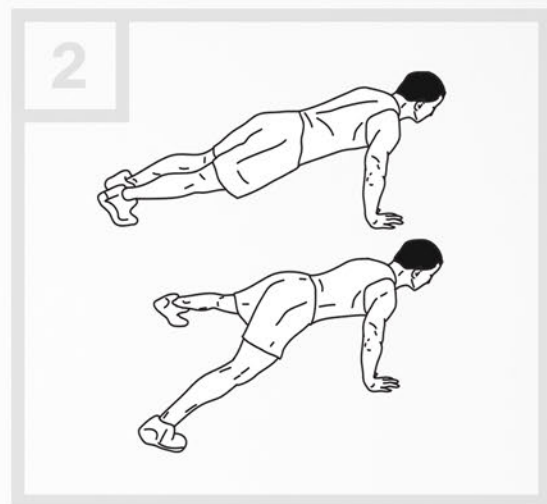
Level II 10 sets

Level III 15 sets

60 seconds rest between sets



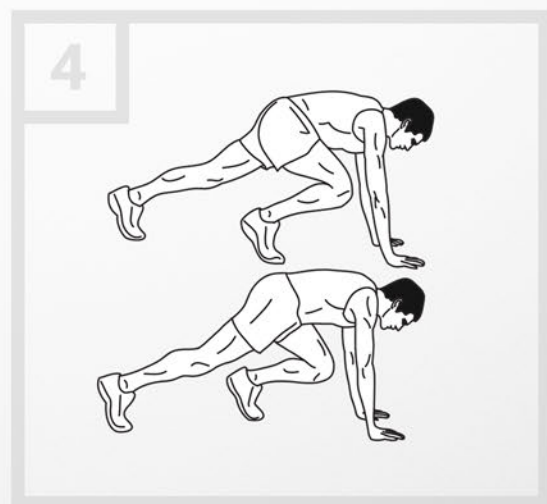
20sec jumping jacks



10sec plank jacks



20sec high knees



10sec climbers

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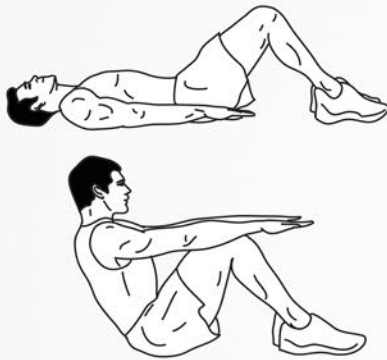
Day 17 | Abs

Level I 3 sets

Level II 4 sets

Level III 5 sets

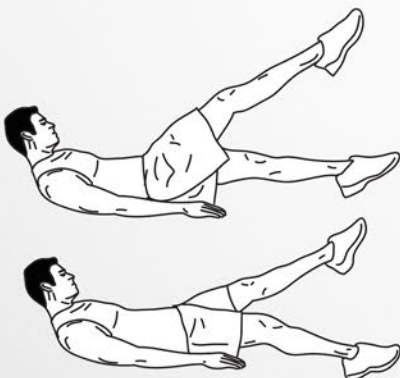
2 minutes rest between sets



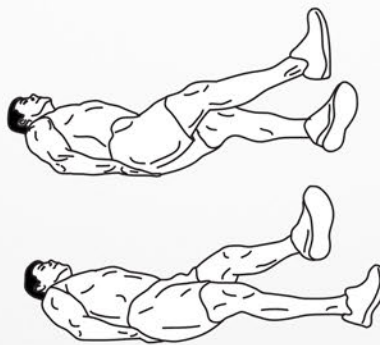
16 sit-ups



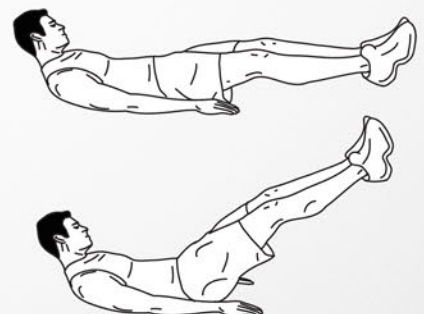
16 sitting twists



16 flutter kicks



8 scissors



8 leg raises

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Day 18 | Circuit

Level I 3 sets

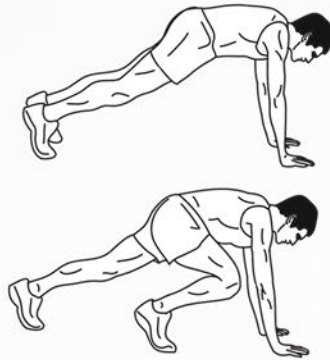
Level II 5 sets

Level III 7 sets

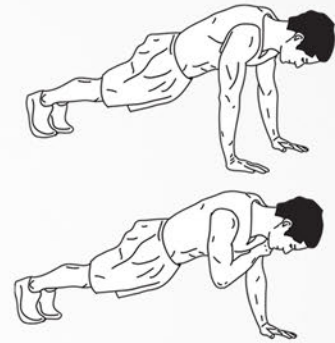
2 minutes rest between sets



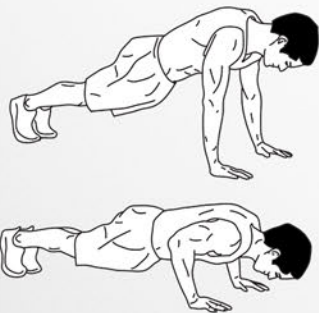
20 squats



20 slow climbers



20 shoulder taps



10 push-ups



10 planks into lunges



10 cross chops

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Day 19 | Endurance

Level I 3 sets | 10 seconds

Level II 5 sets | 20 seconds

Level III 7 sets | 30 seconds

2 minutes rest between sets



push-up plank



squat hold



calf raise hold



raised arms stand



side splits



side leg raise hold

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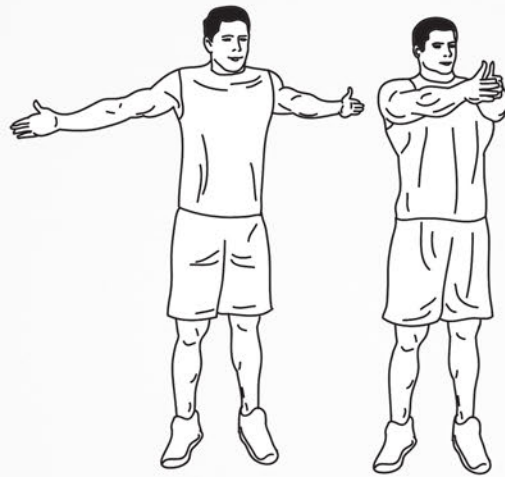
Day 20 | Stretching

Level I 10 reps

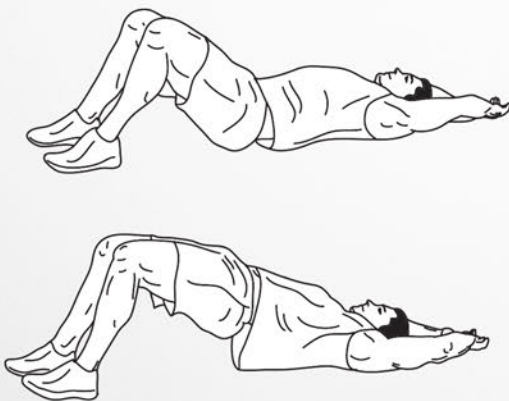
Level II 16 reps

Level III 20 reps

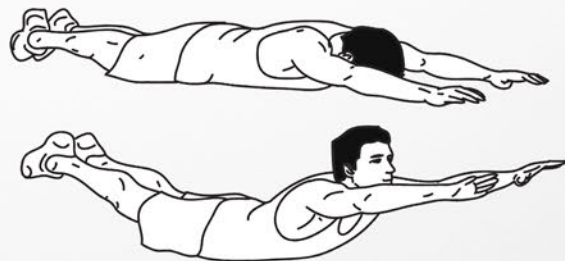
3 sets | 60 seconds rest



chest expansions



bridges



superman stretch

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Day 21 | Abs & Core

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

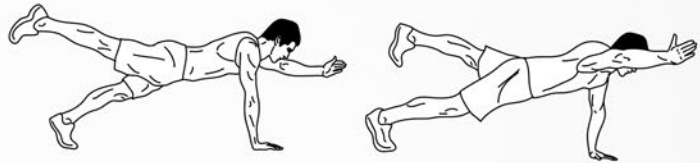
Move 1

hold plank – 20 seconds



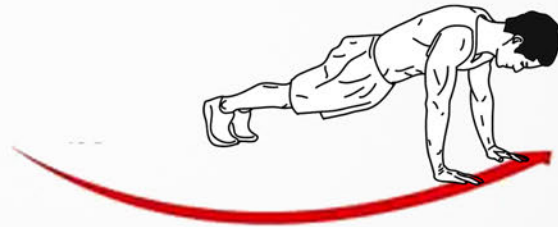
Move 2

10 reps alt arm/leg planks



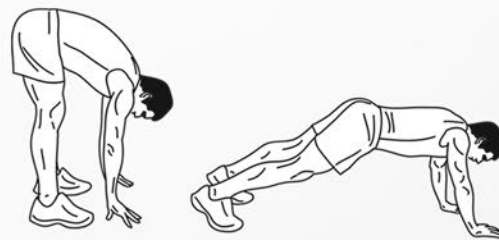
Move 3

2 moving planks - 90°



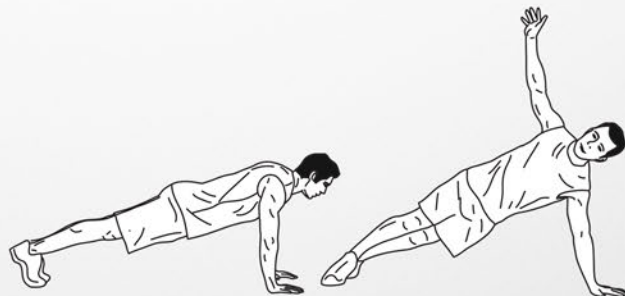
Move 4

2 plank walk-outs



Move 5

2 plank rotations



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Day 22 | Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



20 high knees

4 knee-to-elbow

20 high knees

4 knee-to-elbow

20 high knees

4 knee-to-elbow



20 high knees

4 knee-to-elbow

20 high knees

4 knee-to-elbow

rest

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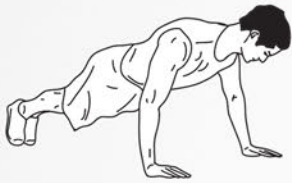
Day 23 | Circuit

Level I 3 sets

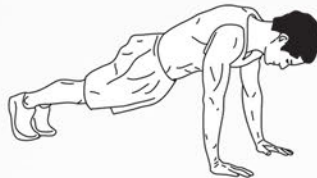
Level II 4 sets

Level III 5 sets

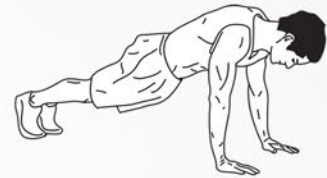
2 minutes rest between sets



4 wide grip push-ups



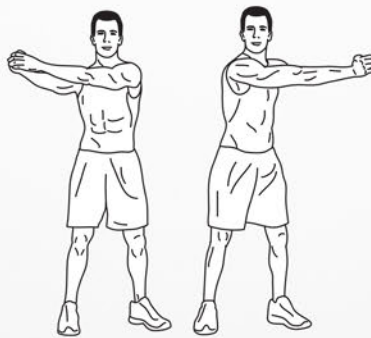
4 push-ups



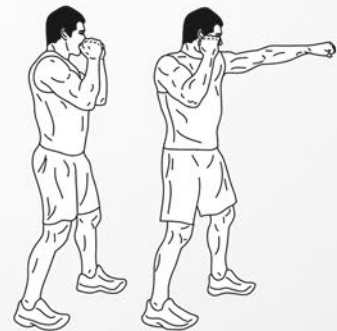
10 shoulder taps



10 climber taps



20 side-to-side chops



20 punches

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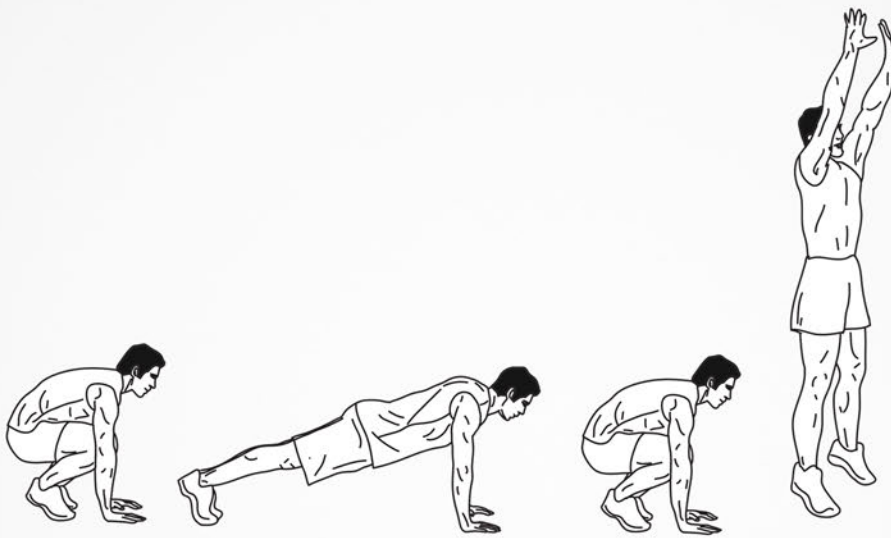
Day 24 | Cardio

Level I 3 sets

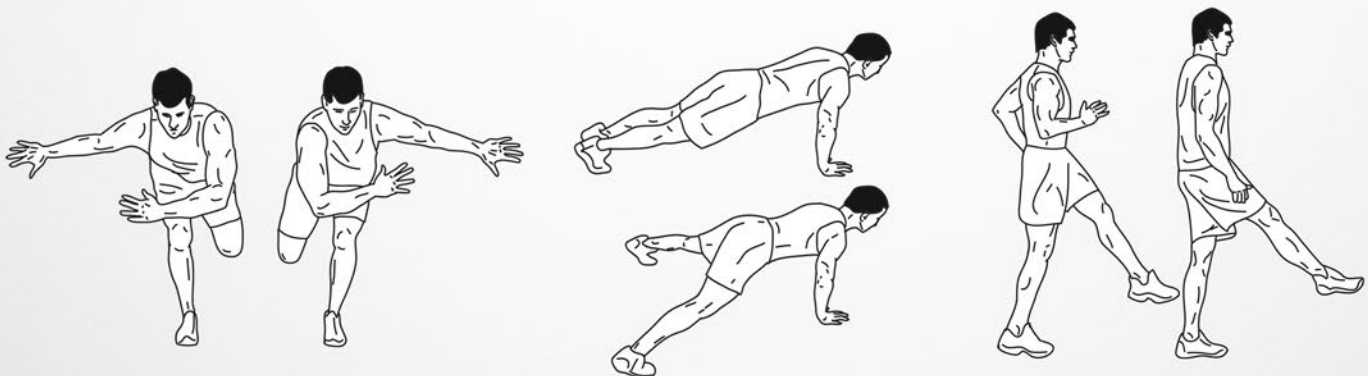
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 basic burpees



10 side-to-side jumps

10 plank jacks

10 straight leg bounds

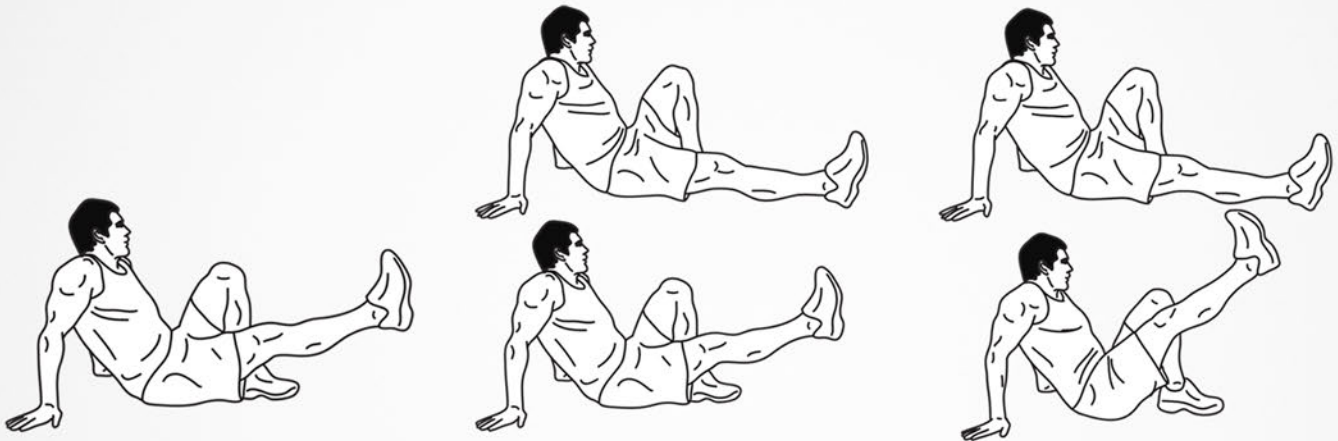
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Day 25

Tendon Strength

3 sets | 60 seconds rest



15-count hold

15 fast leg raises

15 high leg raises



15 move side-to-side



15 circles

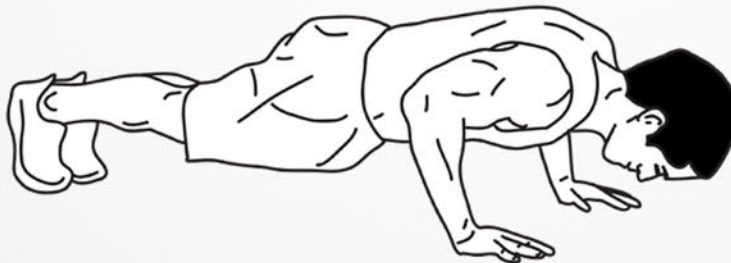
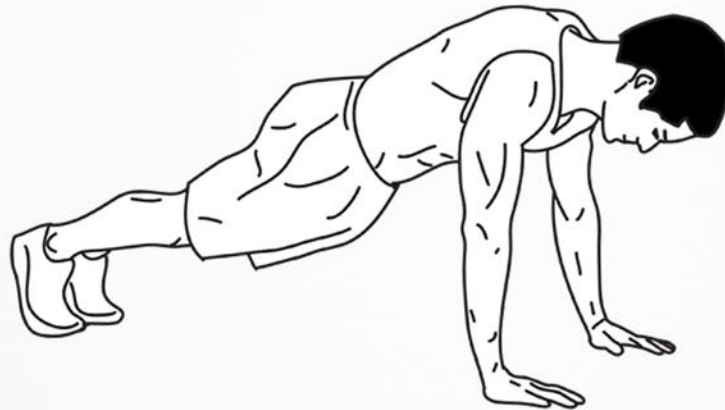
Change legs after once the set is done and repeat it again.
Keep your leg off the floor throughout the sequence.

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Day 26 | Challenge

70 push-ups
reps throughout the day



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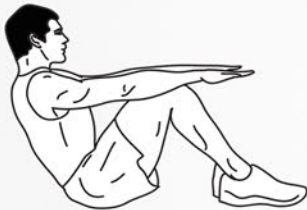
Day 27 | Abs

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



20 sit-ups



20 sitting twists



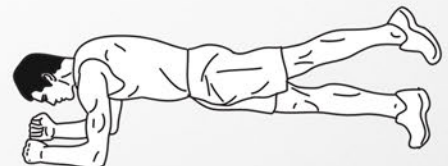
20 flutter kicks



20-count raised leg hold



20-count plank



20-count raised leg plank

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Day 28 | Circuit

Level I 3 sets

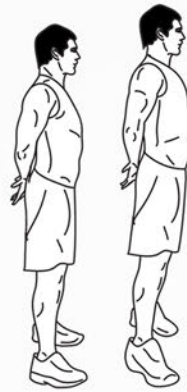
Level II 5 sets

Level III 7 sets

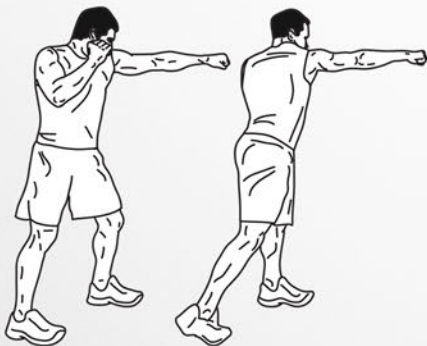
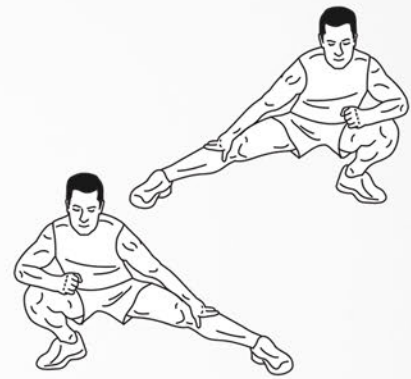
2 minutes rest between sets



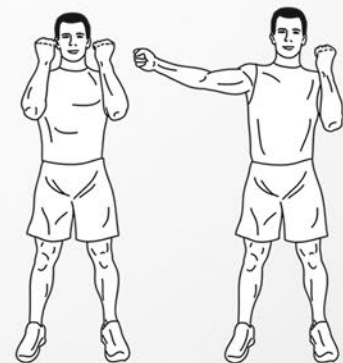
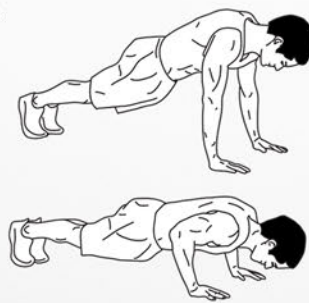
20combo squat + calf raise



10 side-to-side lunges



10combo jab + cross + push-up



20 side-to-side backfists

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Day 29 | Cardio HIIT

Level I 3 sets

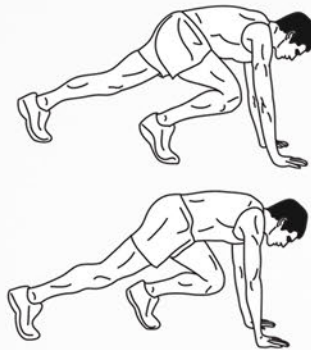
Level II 5 sets

Level III 7 sets

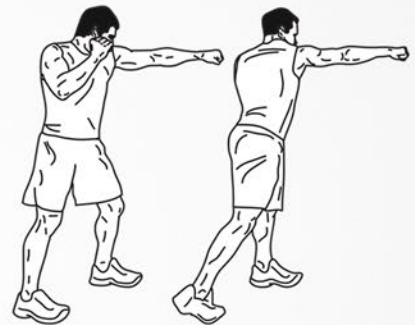
2 minutes rest between sets



20sec high knees



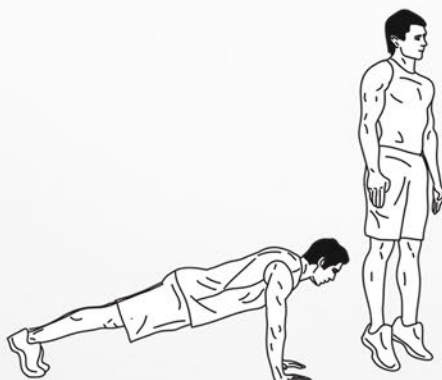
20sec climbers



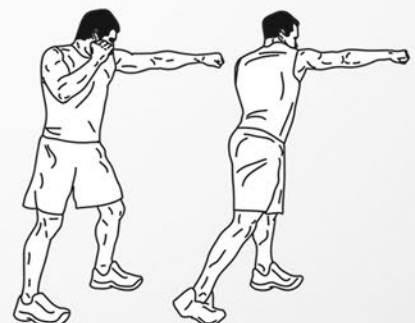
20sec punches



20sec high knees



20sec basic burpees



20sec punches

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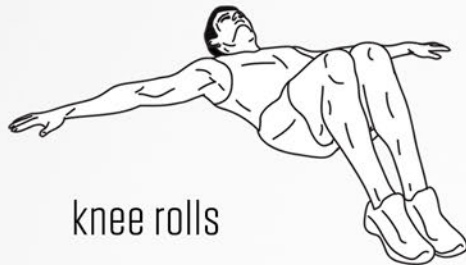
Day 30 | Stretching

Level I 12 reps

Level II 16 reps

Level III 20 reps

3 sets | 60 seconds rest



knee rolls



bridges



stretch & hold



reverse flutter kicks



stretch & hold



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Day 31 | Circuit

Level I 3 sets

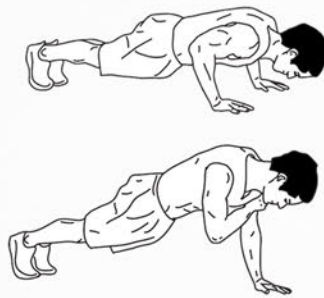
Level II 5 sets

Level III 7 sets

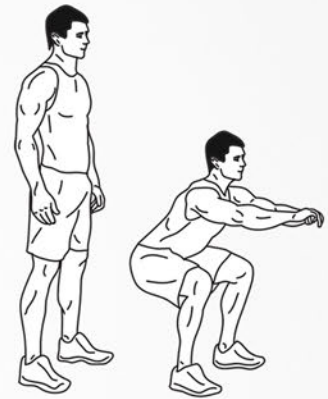
2 minutes rest between sets



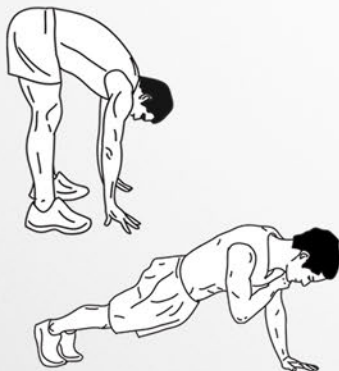
20 squats



10 push-up + shoulder tap



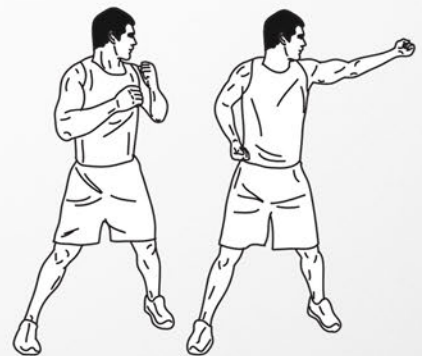
20 squats



10 walk-out + shoulder tap



20 squats



40 backfists

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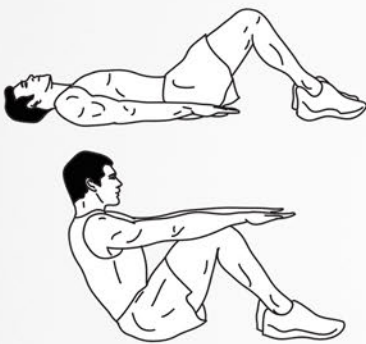
Day 32 | Abs

Level I 3 sets

Level II 4 sets

Level III 5 sets

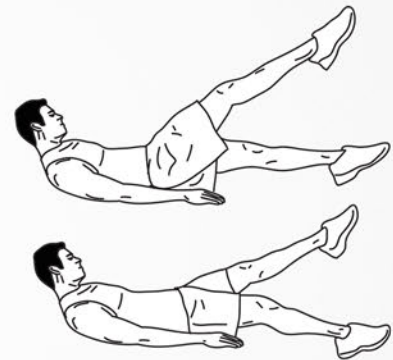
2 minutes rest between sets



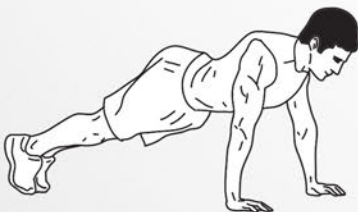
20 sit-ups



20 sitting twists



20 flutter kicks



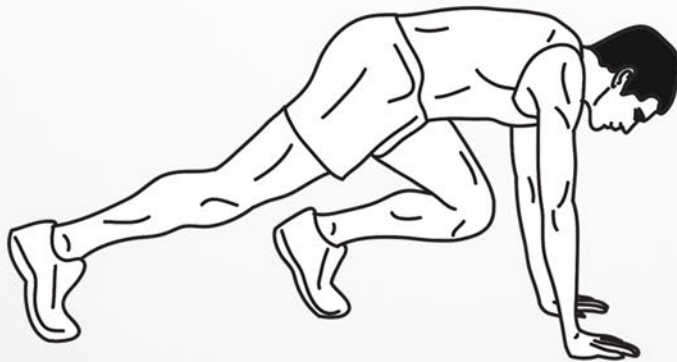
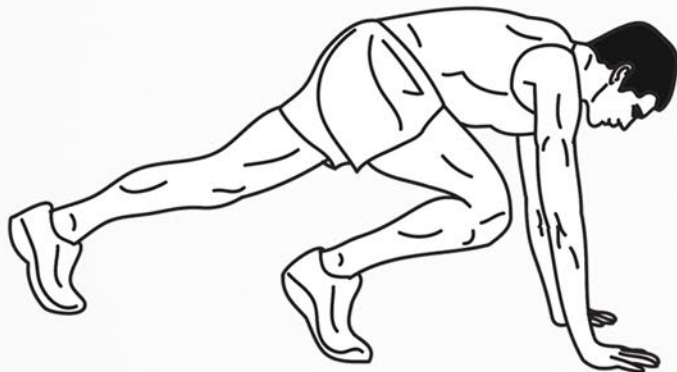
6 up and down planks

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Day 33 | Challenge

200 climbers
reps throughout the day



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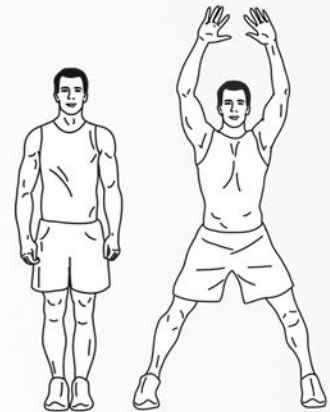
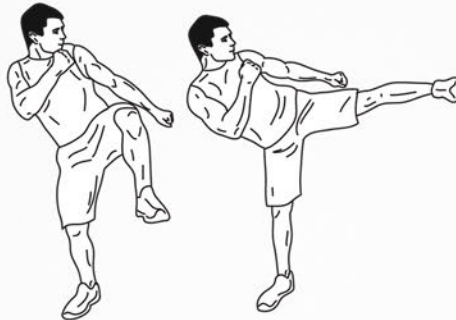
Day 34 | Circuit

Level I 3 sets

Level II 5 sets

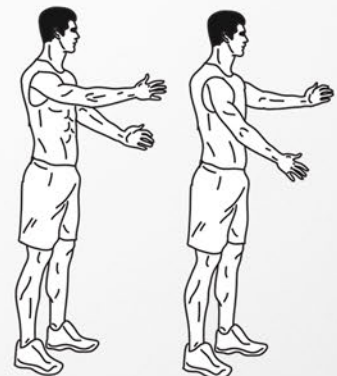
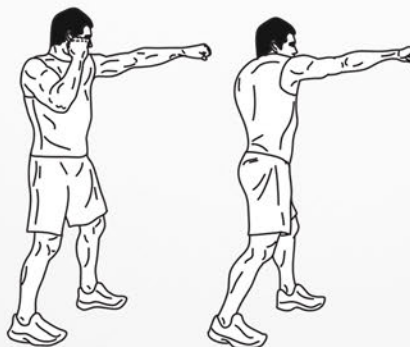
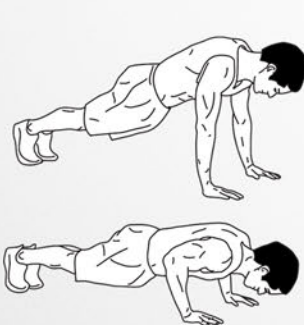
Level III 7 sets

2 minutes rest between sets



20combos: 1 squat + 2 double side kicks

10 jumping jacks



20combos: 1 push-ups + 2 punches

10 scissor chops

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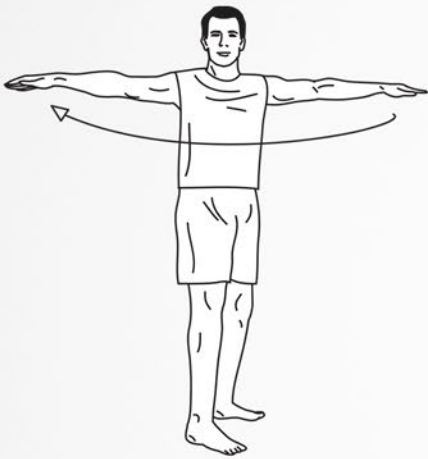
Day 35 Five Rites

Level I 10 reps

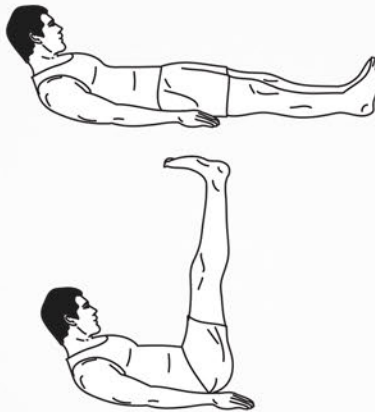
Level II 16 reps

Level III 20 reps

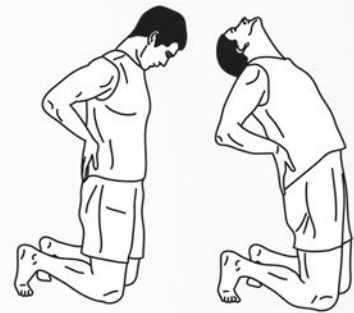
repeat once



360° turns clockwise



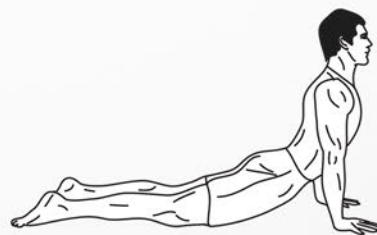
90° leg raises



back stretches



table stretch



upward dog stretch

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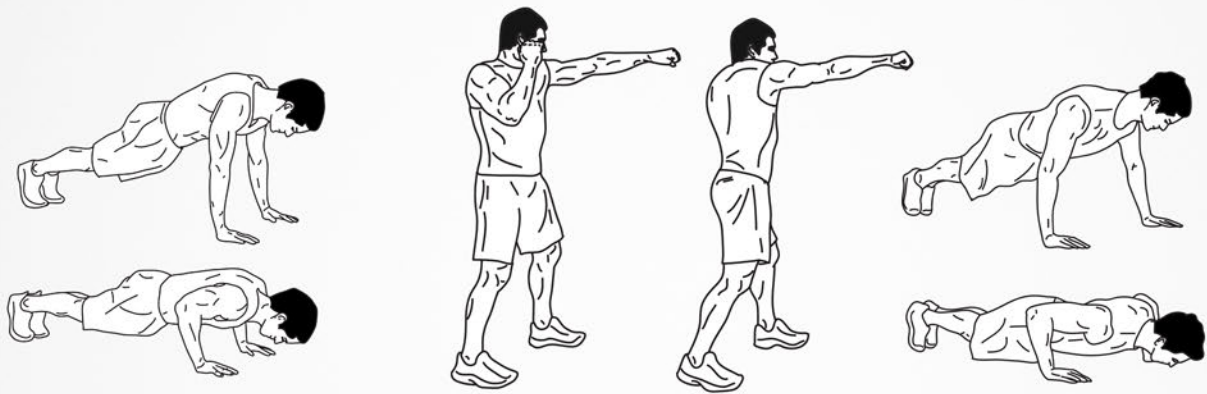
Day 36 | Circuit

Level I 3 sets

Level II 4 sets

Level III 5 sets

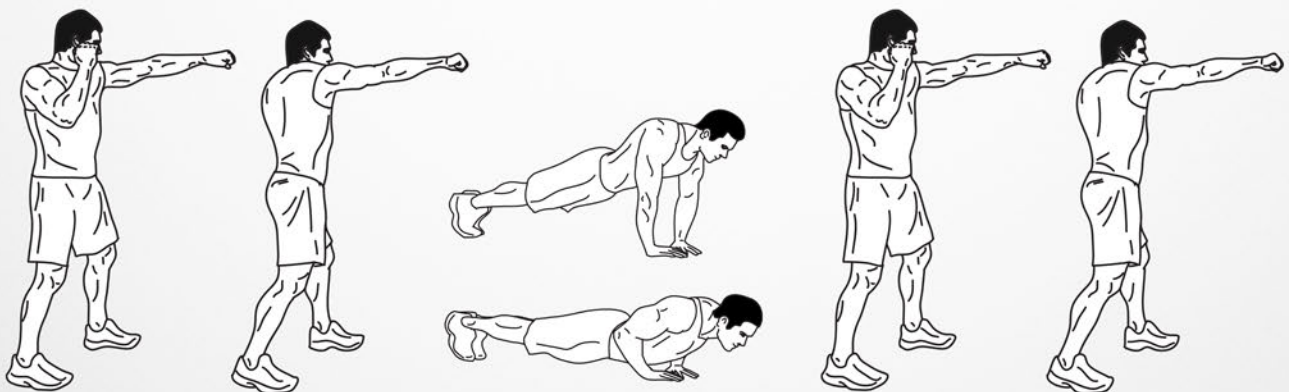
2 minutes rest between sets



5 push-ups

20 punches

5 wide grip push-ups



20 punches

5 close grip push-ups

20 punches

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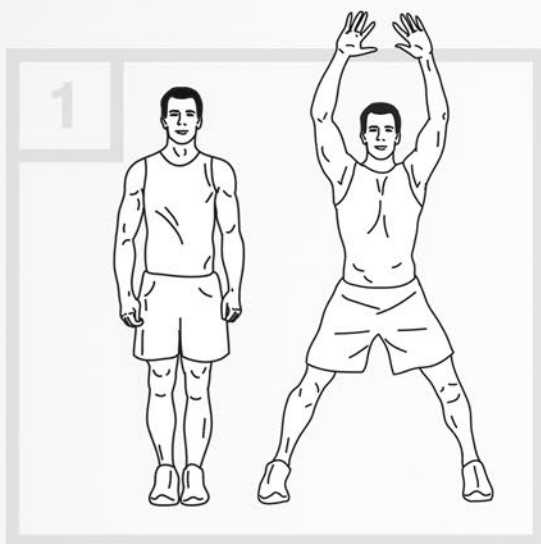
Day 37 | Cardio HIIT

Level I 5 sets

Level II 10 sets

Level III 15 sets

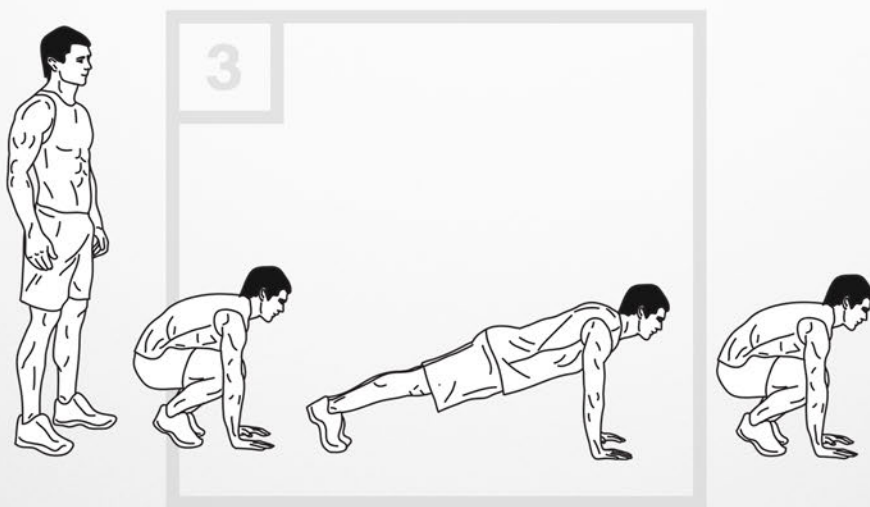
60 seconds rest between sets



20sec jumping jacks



20sec high knees



20sec basic burpees

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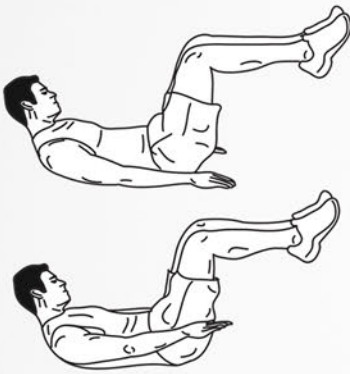
Day 38 | Abs

Level I 3 sets

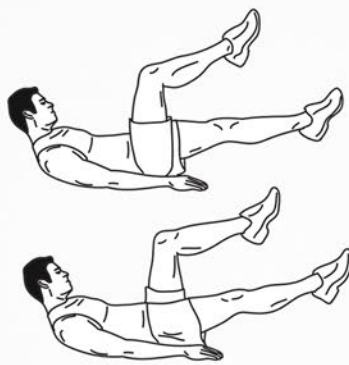
Level II 4 sets

Level III 5 sets

2 minutes rest between sets



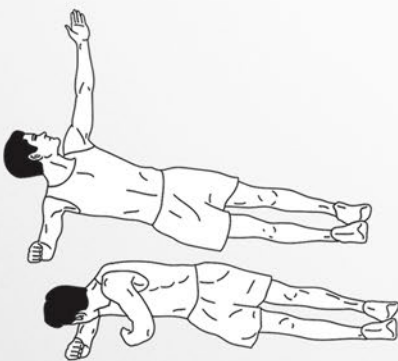
20 hundreds



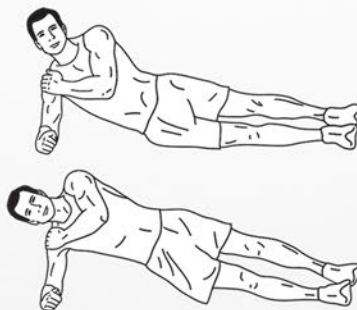
20 air bike crunches



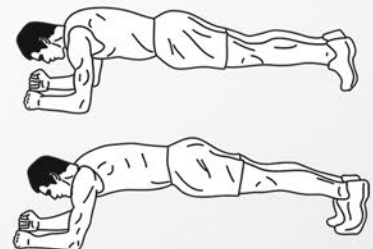
20 high crunches



10 side plank rotations



10 side bridges



10 body saw

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Day 39 | Circuit

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



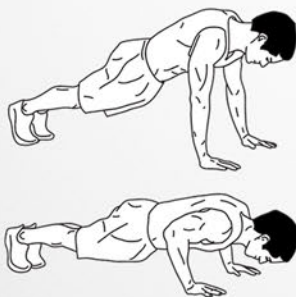
20 squats



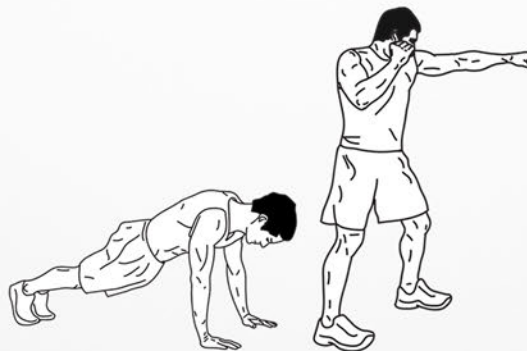
20 squat + hook



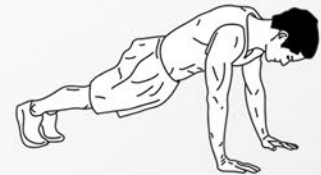
20-count squat hold



10 push-ups



10 plank step-out + punches



10-count plank

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Day 40 | Stretching

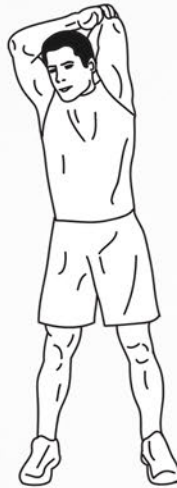
60 seconds each

30 seconds each side / leg

3 sets | 2 minutes rest



quad stretch



elbow stretch



cross neck elbow stretch



gravity toe touches



sumo squat hold



side splits

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Day 41 | Circuit

Level I 3 sets

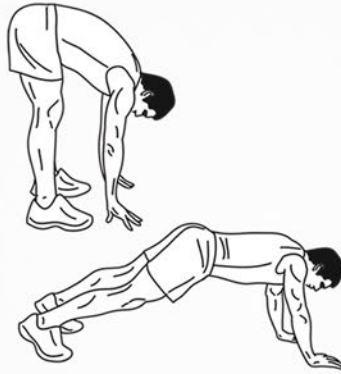
Level II 4 sets

Level III 5 sets

2 minutes rest between sets



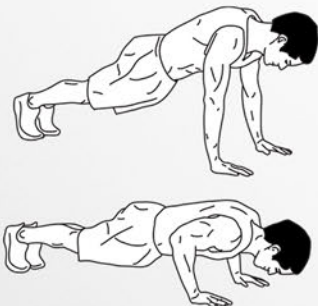
20 squats



5 plank walk-outs



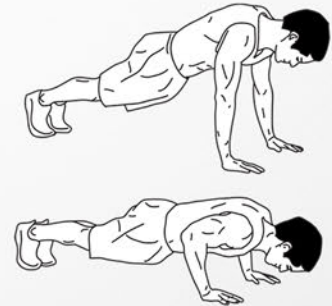
20 lunge step-ups



5 push-ups



20 calf raises



5 push-ups

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Day 42 | Abs

Level I 20 seconds each

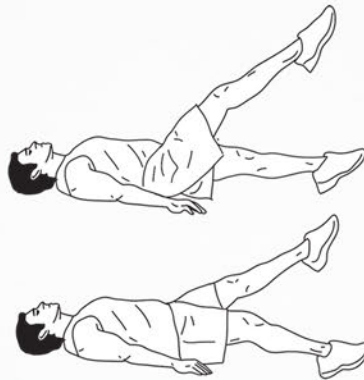
Level II 30 seconds each

Level III 40 seconds each

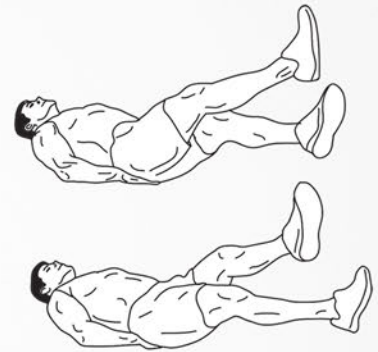
repeat once



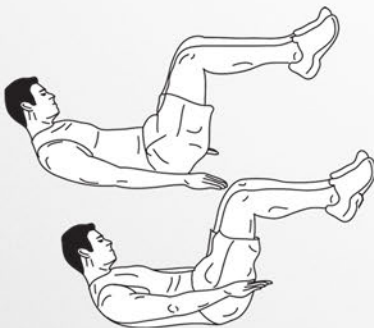
1. knee-to-elbow crunches



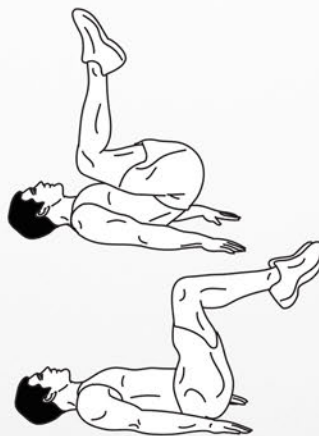
2. flutter kicks



3. scissors



4. hundreds



5. reverse crunches



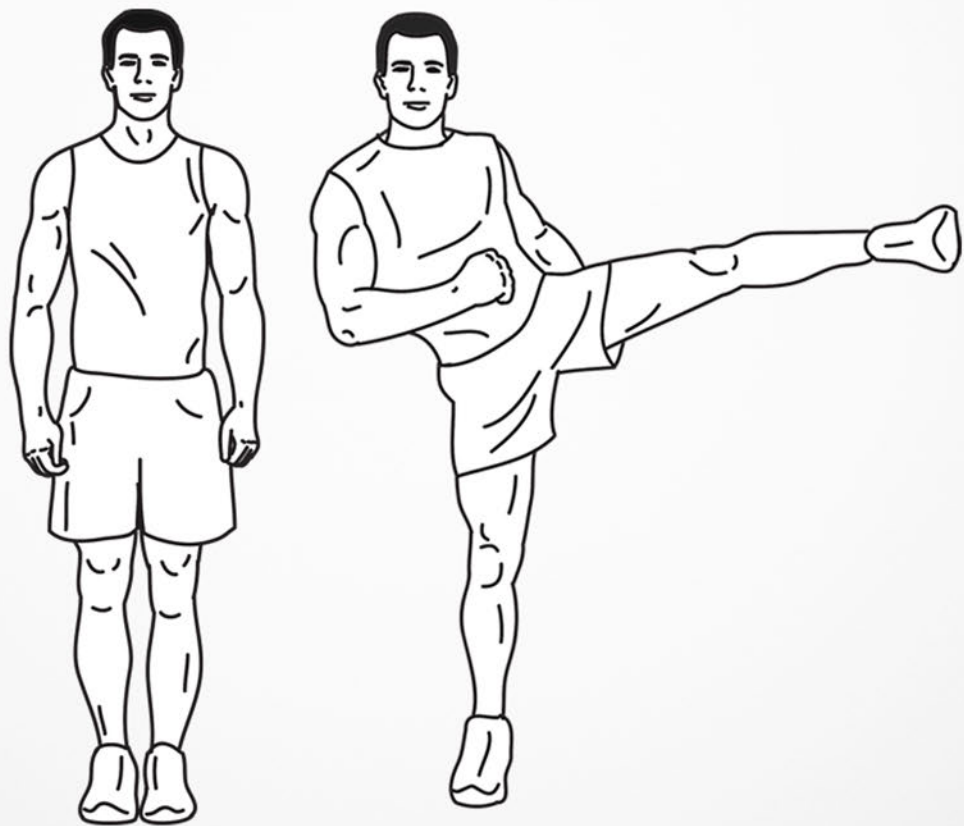
6. sitting twists

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Day 43 | Challenge

400 side leg raises
reps throughout the day



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Day 44 | Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



20 high knees

4 climbers

20 high knees

4 climbers

20 high knees

4 climbers

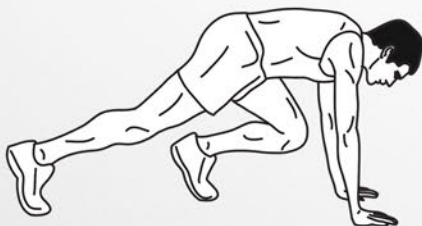
20 high knees

4 climbers

20 high knees

4 climbers

rest



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Day 45

Tendon Strength

3 sets | 60 seconds rest



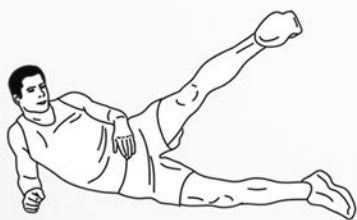
20-count hold



20 side leg raises



20 straight leg swings



20 fast kicks



20 slow kicks

Change legs after once the set is done and repeat it again.
Keep your leg off the floor throughout the sequence.

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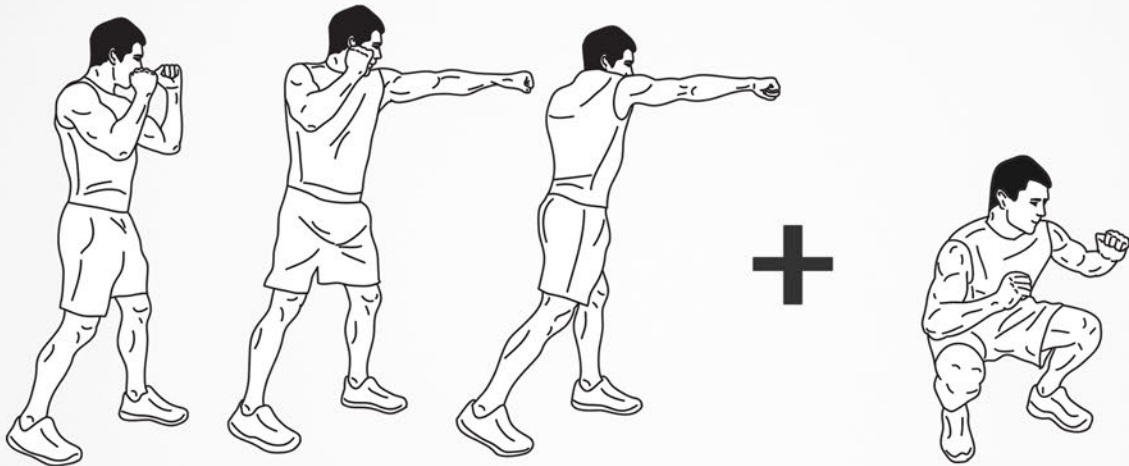
Day 46 | Boxing

Level I 3 sets

Level II 4 sets

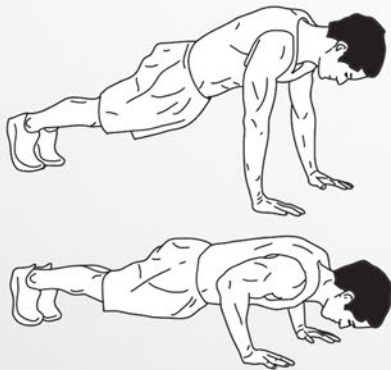
Level III 5 sets

2 minutes rest between sets



5 minute shadow boxing

every 30 seconds double squat



push-ups

level I 5 reps

level II 10 reps

level III 15 reps

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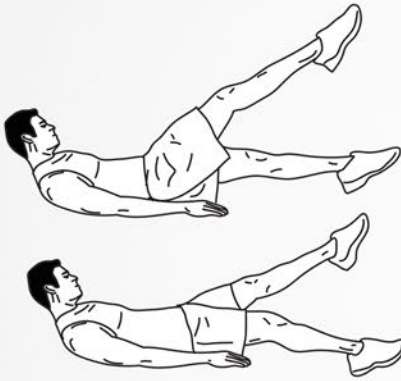
Day 47 | Abs

Level I 3 sets

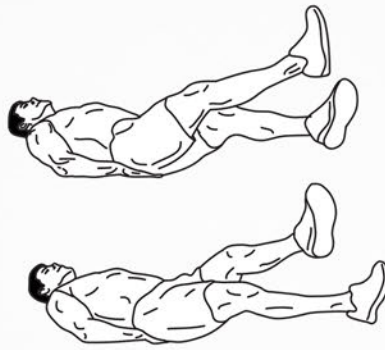
Level II 4 sets

Level III 5 sets

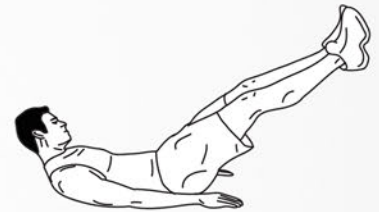
2 minutes rest between sets



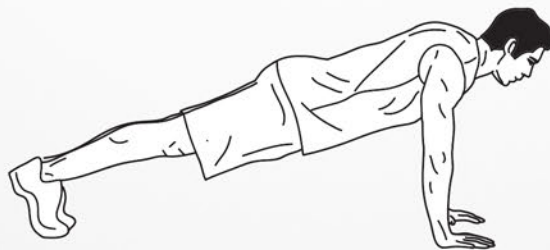
30 flutter kicks



10 scissors



30-count raised leg hold



30-count plank hold

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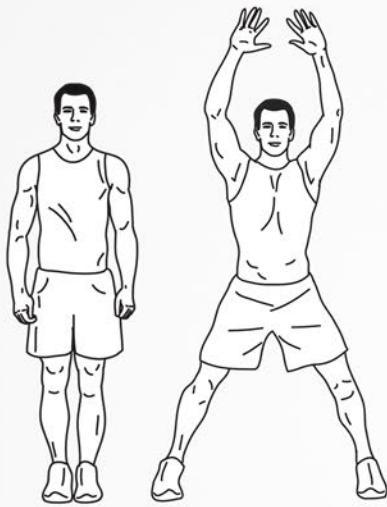
Day 48 | Cardio

Level I 3 sets

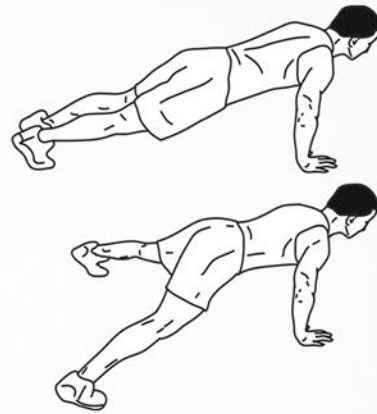
Level II 5 sets

Level III 7 sets

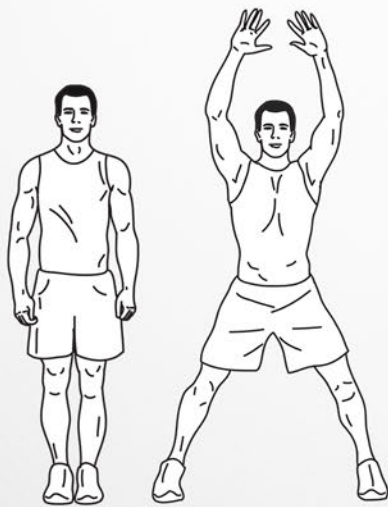
2 minutes rest between sets



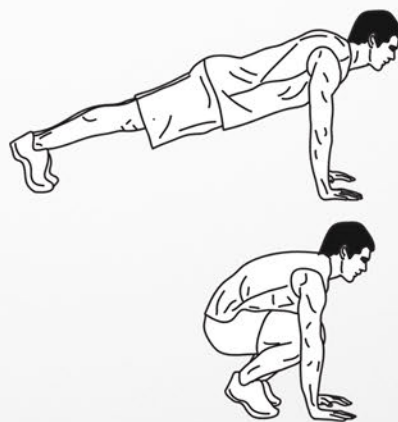
20 jumping jacks



5 plank jacks



20 jumping jacks



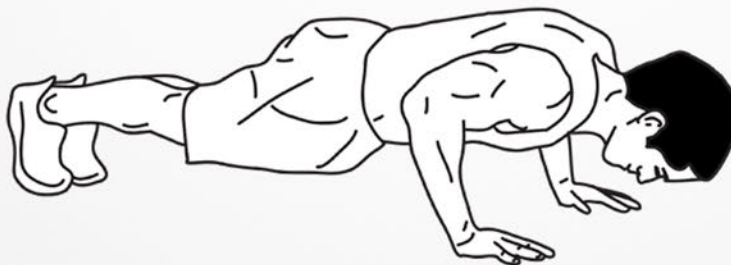
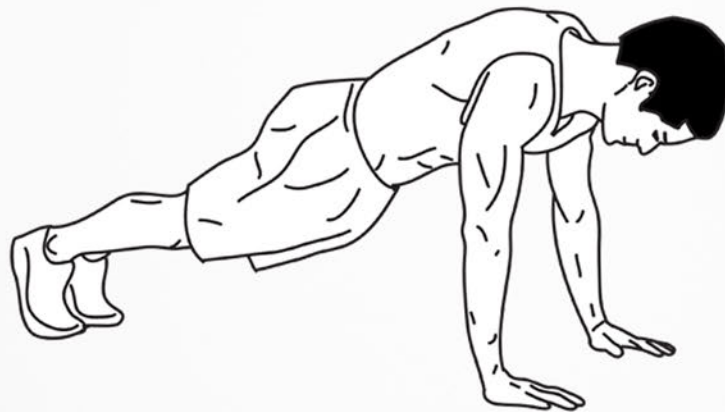
5 plank jump-ins

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Day 49 | Challenge

100 push-ups
reps throughout the day



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Day 50 | Stretching

30 seconds each

15 seconds each leg / arm

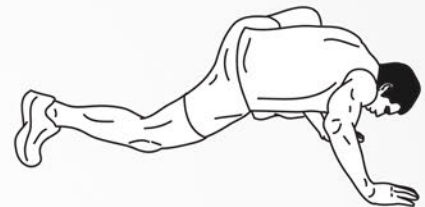
3 sets | 2 minutes rest



lunge stretch hold



toes under feet hold



groin stretch hold



body fold hold



hamstring #1 hold



hamstring #2 hold



knee to chest hold



knees to chest hold



bow fold hold

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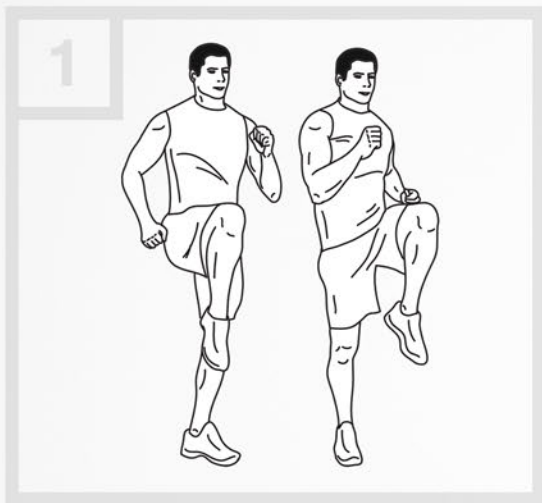
Day 51 | Cardio HIIT

Level I 5 sets

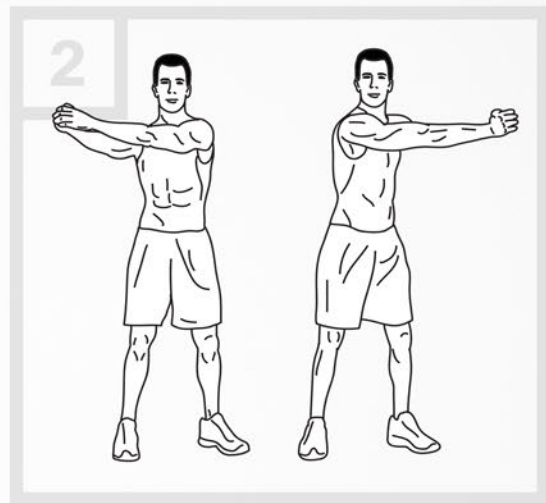
Level II 10 sets

Level III 15 sets

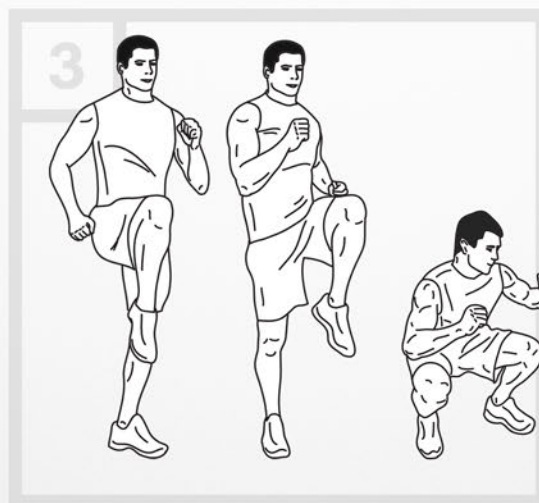
1 minute rest between sets



20sec high knees



20sec side-to-side chops



20sec "1-2-3" count high knees + squat

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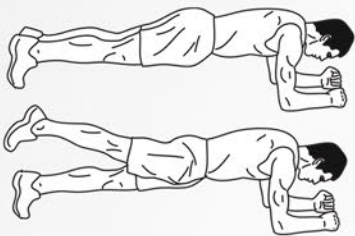
Day 52 | Abs & Core

Level I 3 sets | 6 reps each

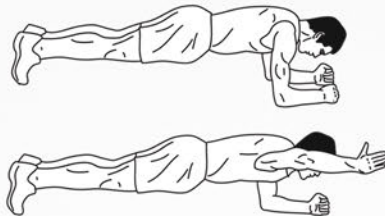
Level II 4 sets | 8 reps each

Level III 5 sets | 10 reps each

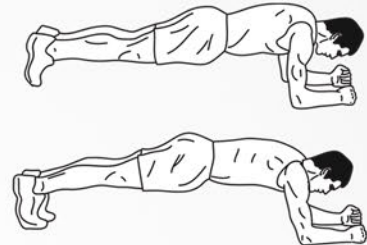
2 minutes rest between sets



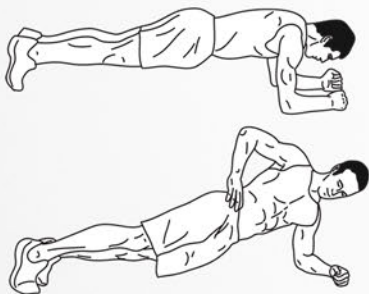
plank leg raises



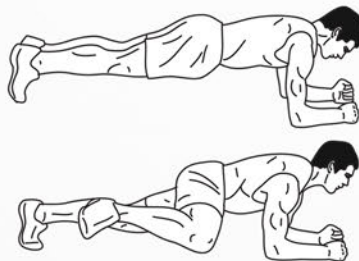
plank arm raises



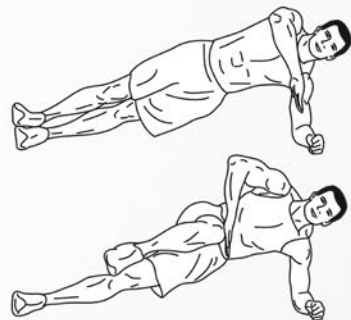
body saw



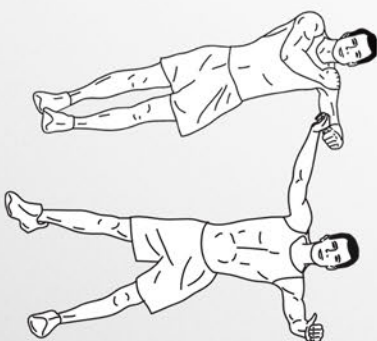
plank rotations



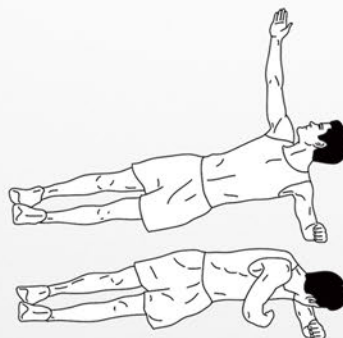
spiderman planks



side plank knee taps



side star plank



side plank rotations



to failure elbow plank

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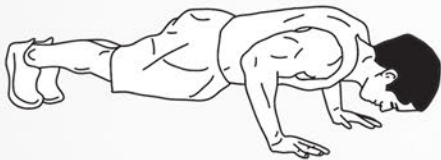
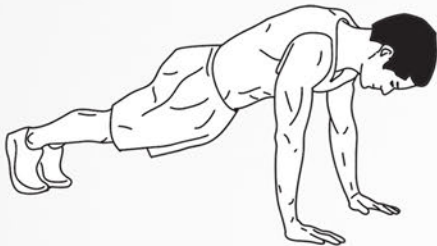
Day 53 | Power Circuit

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



4 push-ups

10 squats

4 push-ups

10 squats

4 push-ups

10 squats

4 push-ups

10 squats

rest

90 Days of ACTION

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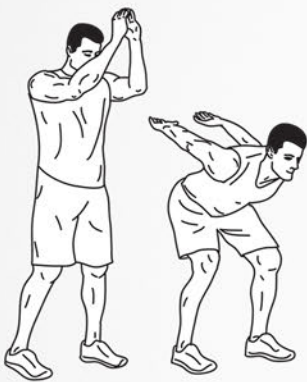
Day 54 | Skier

Level I 3 sets

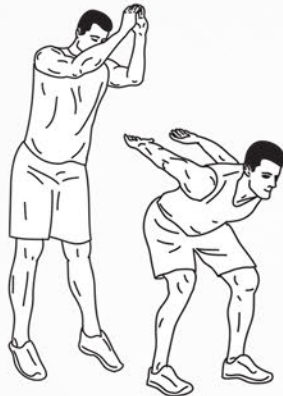
Level II 5 sets

Level III 7 sets

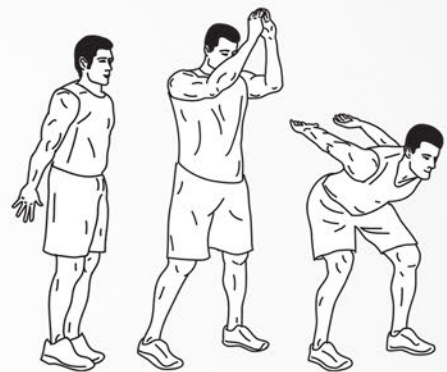
2 minutes rest between sets



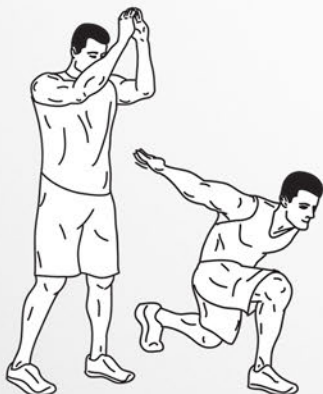
10 skiers



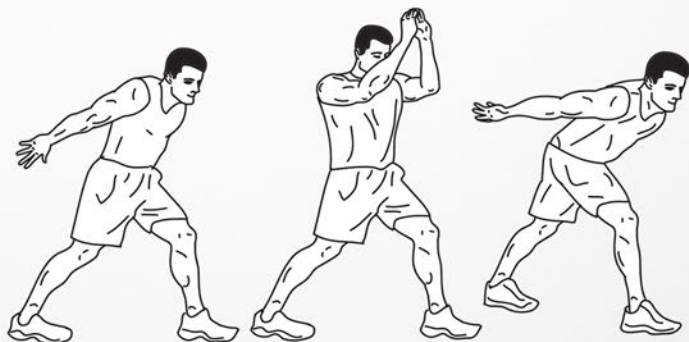
10 skier jumps



10 skier jacks



10 skier reverse lunges



10 skier jumping lunges

90 Days of ACTION

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Day 55 | Starmaster

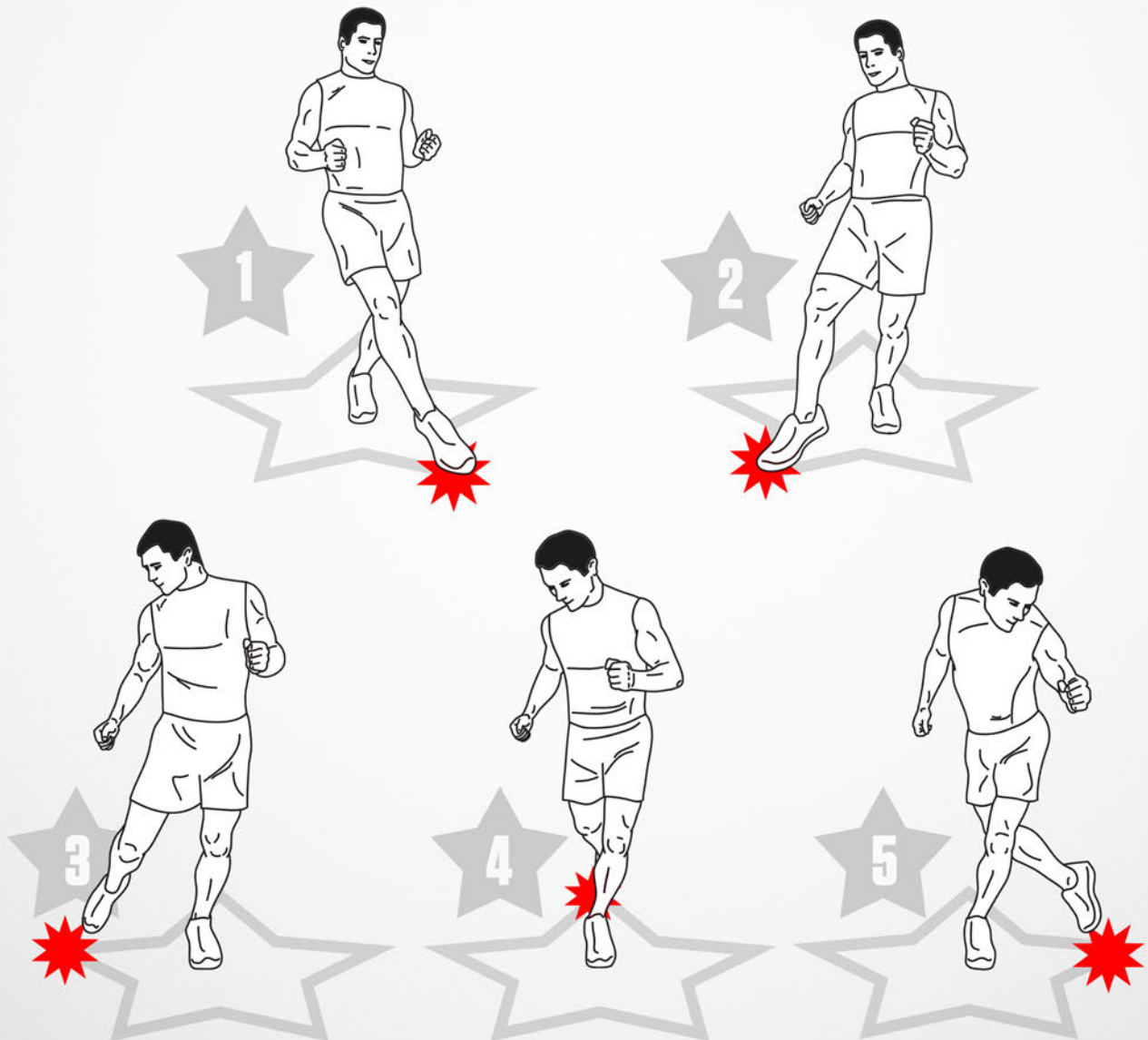
3 min right leg clockwise

3 min left leg counterclockwise

6 minutes in total



Instructions: balance on one leg and tap with the other.



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Day 56 | Cardio

Level I 3 sets

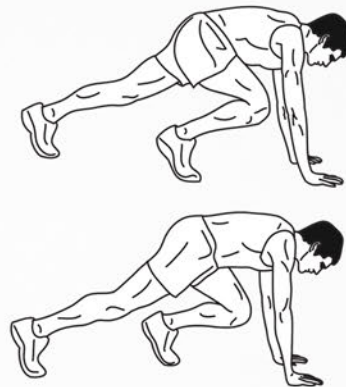
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



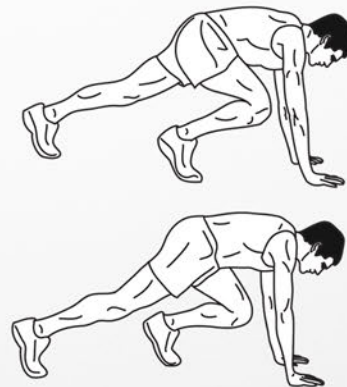
40 high knees



10 climbers



40 high knees



10 climbers

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Day 57 | Abs

Level I 3 sets | 6 reps each

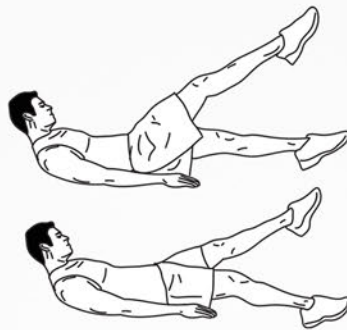
Level II 4 sets | 8 reps each

Level III 5 sets | 10 rps each

2 minutes rest between sets



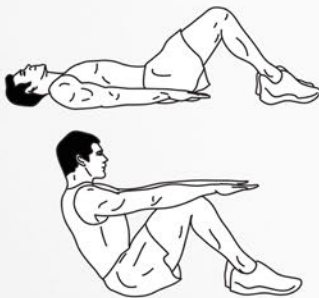
sit-ups



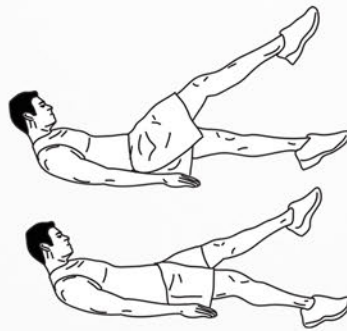
flutter kicks



10-count crunch hold



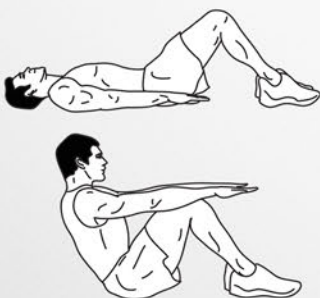
sit-ups



flutter kicks



10-count raised leg hold



sit-ups



sitting twists



10-count hollow hold

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Day 58 | Challenge

400 squats
reps throughout the day



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© darebee.com

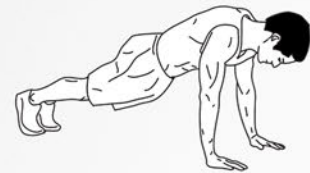
Day 59 | Circuit

Level I 3 sets

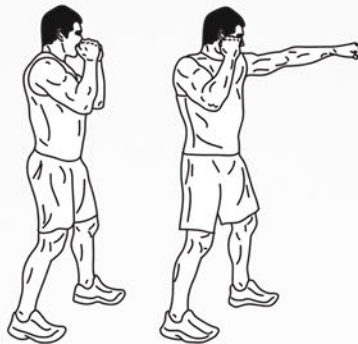
Level II 4 sets

Level III 5 sets

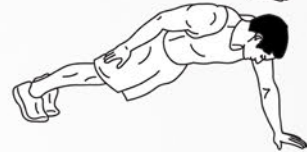
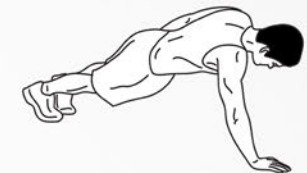
2 minutes rest between sets



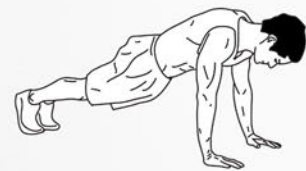
10 push-ups



20 punches



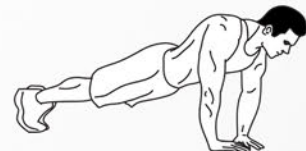
10 thigh taps



10 shoulder taps



20 overhead punches



10 tricep push-ups



2 minutes rotating punches
aka speed bag punches
instead of complete rest after every set,
at any speed

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Day 60 | Lower Back

Level I 8 reps

Level II 12 reps

Level III 16 reps

4 sets | 60 seconds rest



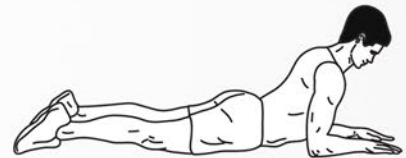
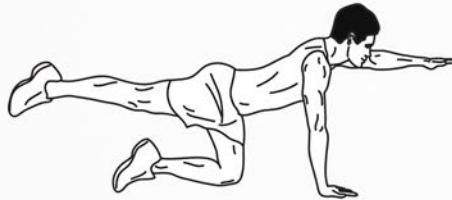
bottom to heels stretch



opposite arm / leg raises



back extensions



bridges



knee rolls



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Day 61 | Circuit

Level I 3 sets

Level II 5 sets

Level III 7 sets

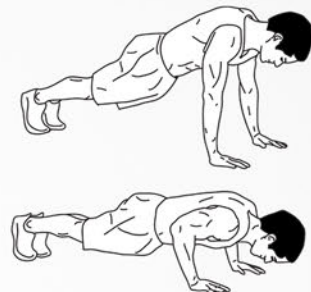
2 minutes rest between sets



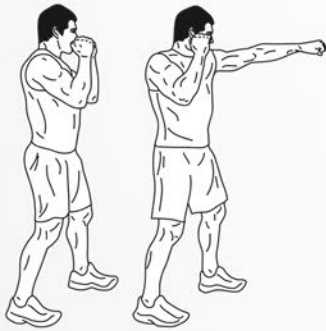
20 squats



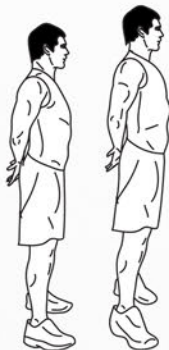
10 calf raises



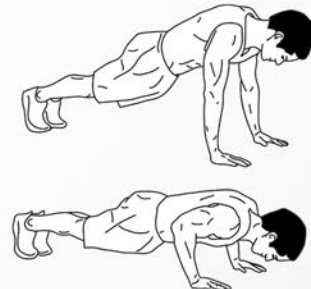
5 push-ups



20 punches



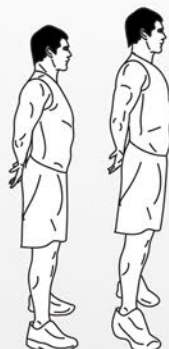
10 calf raises



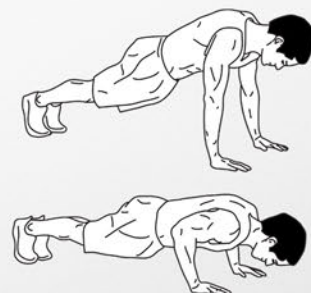
5 push-ups



20 lunges



10 calf raises



5 push-ups

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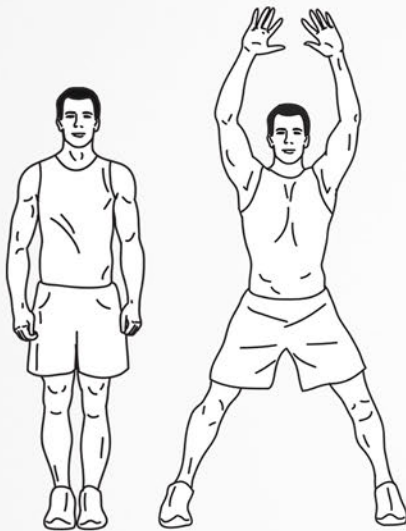
Day 62 | Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 jumping jacks

6 plank jacks

10 jumping jacks

6 plank jacks

10 jumping jacks

6 plank jacks

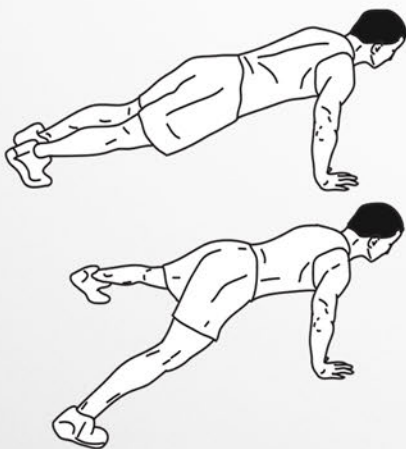
10 jumping jacks

6 plank jacks

10 jumping jacks

6 plank jacks

rest



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Day 63 | Abs

Level I 3 sets

Level II 4 sets

Level III 5 sets

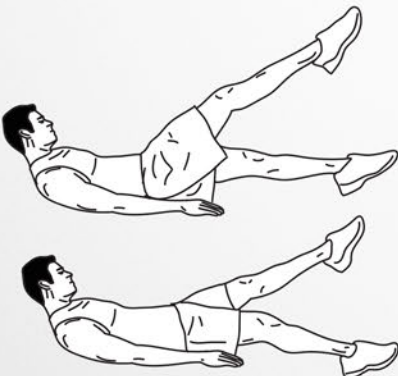
2 minutes rest between sets



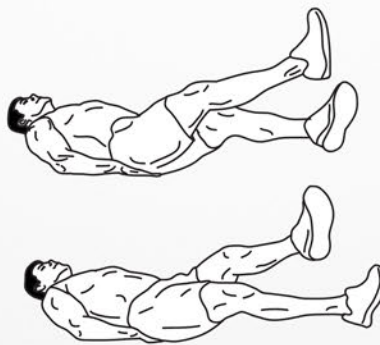
20 sit-up punches



20 sitting punches



20 flutter kicks



20 scissors



20-count raised leg hold

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Day 64 | Endurance

Level I 3 sets

Level II 4 sets

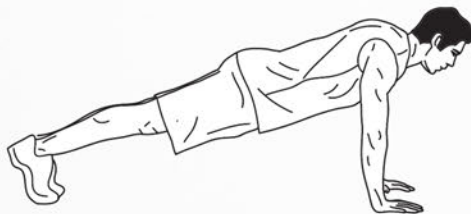
Level III 5 sets

20 seconds each

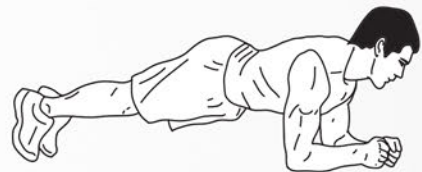
60 seconds rest between sets



wall sit



plank



elbow plank



V-sit



raised legs



superman

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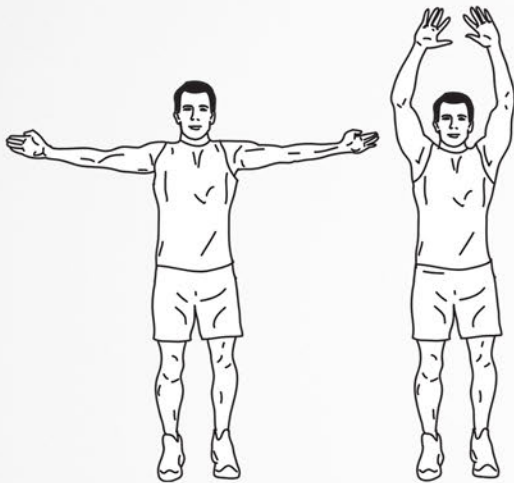
Day 65 | Energizer

Level I 10 reps

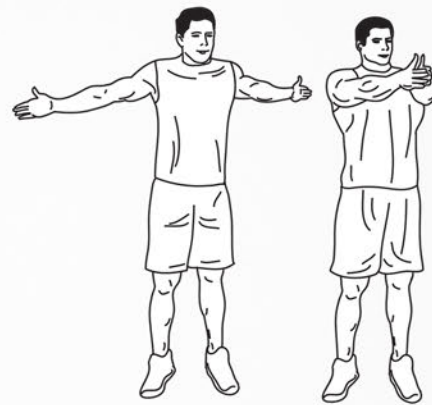
Level II 16 reps

Level III 20 reps

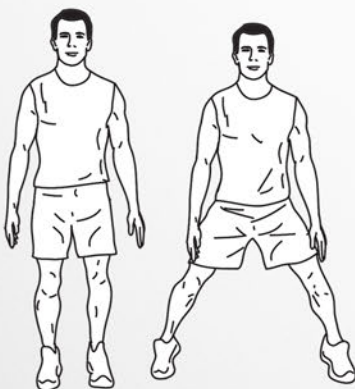
3 sets | 60 seconds rest



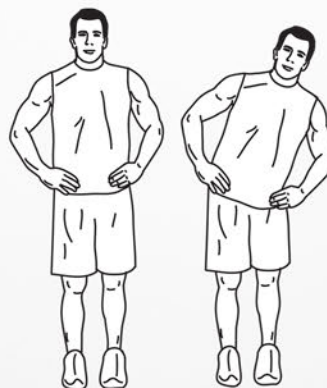
arm raises



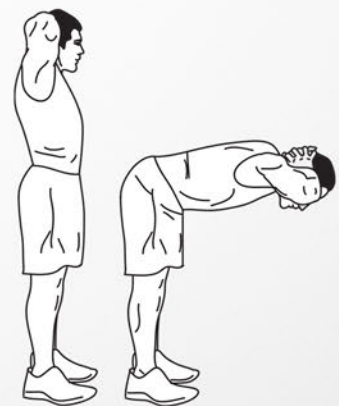
chest expansions



half jacks



side bends



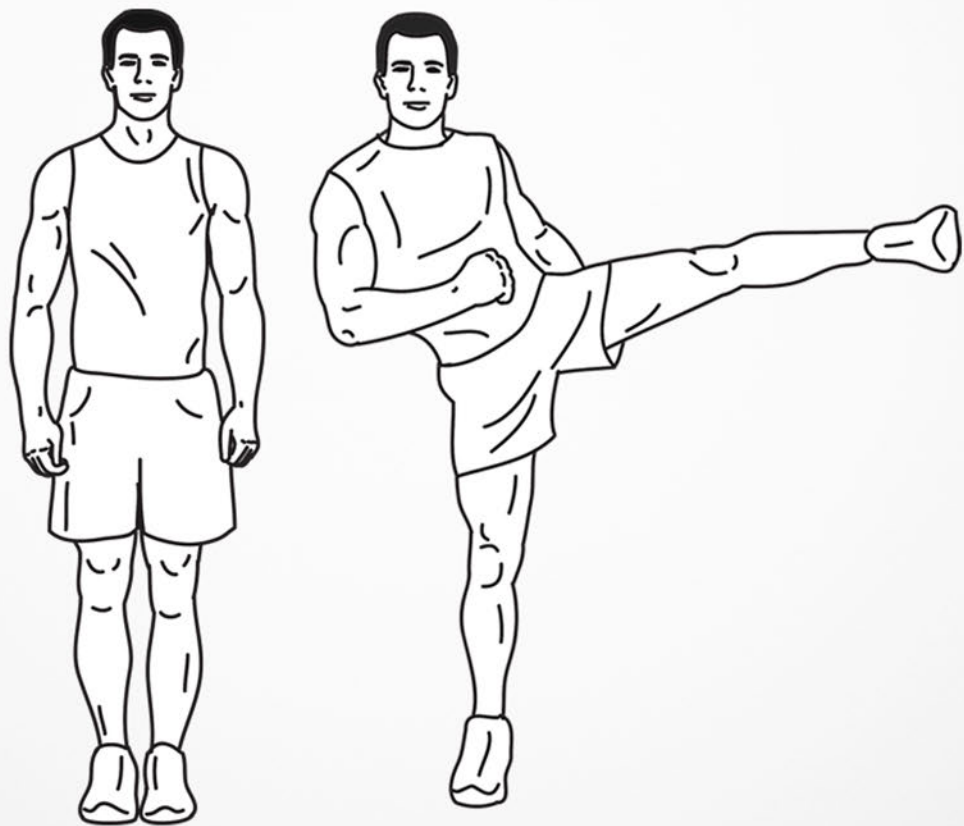
forward bends

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Day 66 | Challenge

500 side leg raises
reps throughout the day



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Day 67 | Circuit

Level I 3 sets

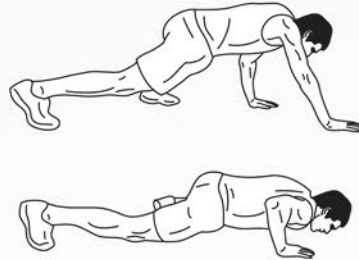
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



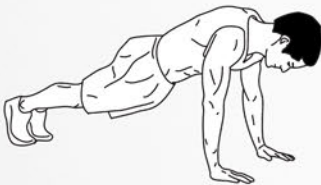
20 squats



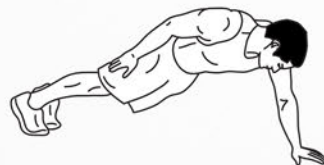
6 dragon push-ups



20 squats step-ups



20-count plank



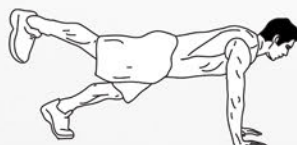
20-count one arm plank



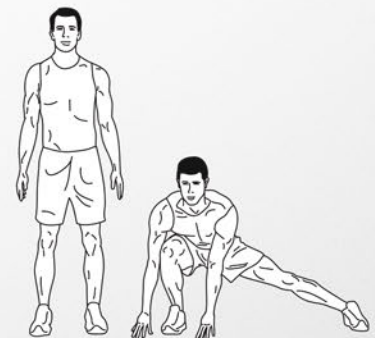
6 tricep extensions



20 lunges



6 raised leg push-ups



20 deep side lunges

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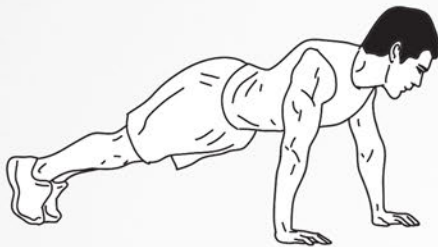
Day 68 | Abs & Core

Level I 30 seconds each

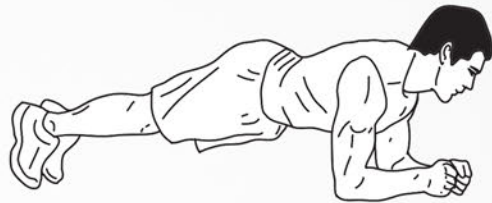
Level II 40 seconds each

Level III 60 seconds each

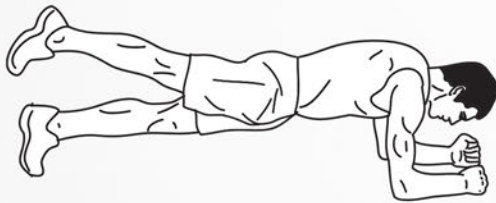
repeat once



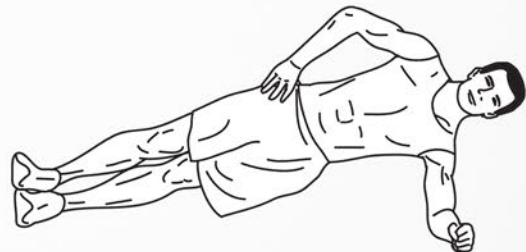
full plank



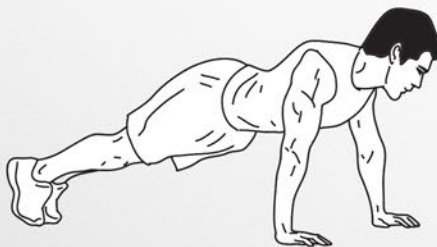
elbow plank



raised leg plank
1/2 - each leg



side plank
1/2 - each side



full plank



elbow plank

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Day 69 | Cardio HIIT

Level I 3 sets

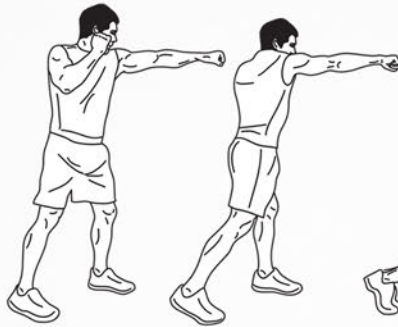
Level II 4 sets

Level III 5 sets

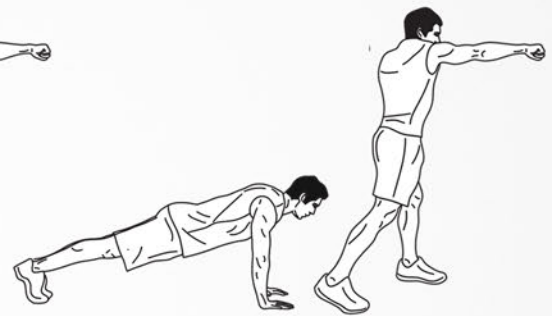
2 minutes rest between sets



20sec high knees



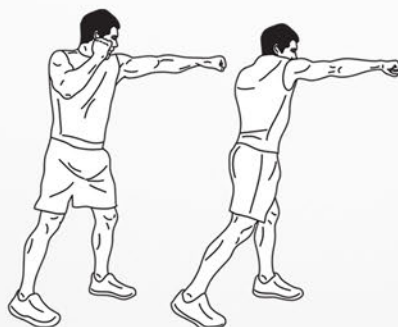
20sec punches



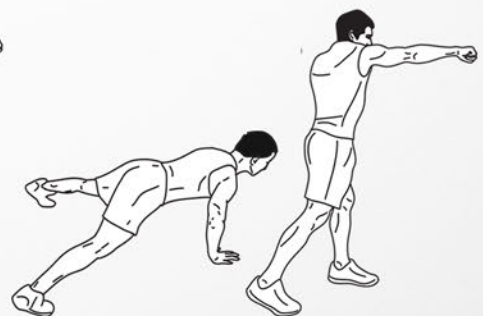
20sec plank + jab + cross



20sec high knees



20sec punches



20sec plank jack + jab + cross

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Day 70

Tendon Strength

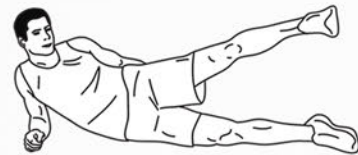
3 sets | 60 seconds rest



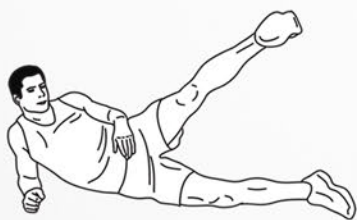
30-count hold



30 side leg raises



30 straight leg swings



30 fast kicks



30 slow kicks



Change legs after once the set is done and repeat it again.
Keep your leg off the floor throughout the sequence.

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Day 71 | Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

5 jumping jacks

5-count rest

10 jumping jacks

5-count rest

20 jumping jacks

5-count rest

30 jumping jacks

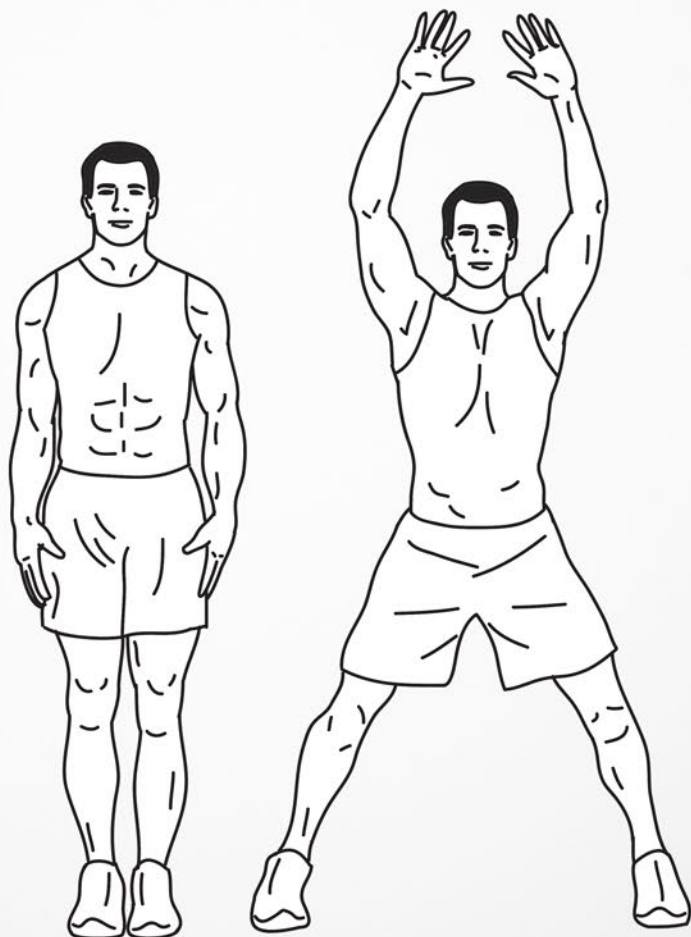
5-count rest

10 jumping jacks

5-count rest

5 jumping jacks

rest



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Day 72 | Circuit

Level I 3 sets

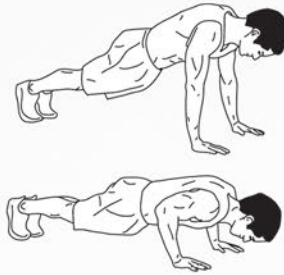
Level II 5 sets

Level III 7 sets

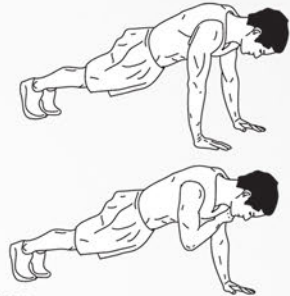
2 minutes rest between sets



10 squats



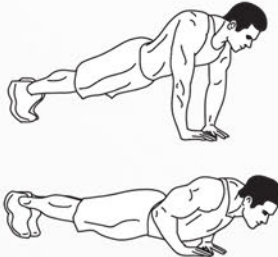
5 push-ups



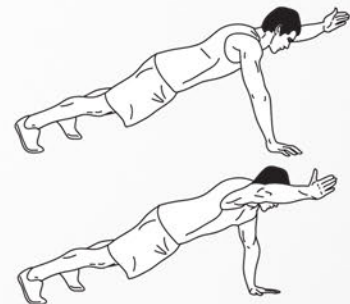
10 shoulder taps



10 squats



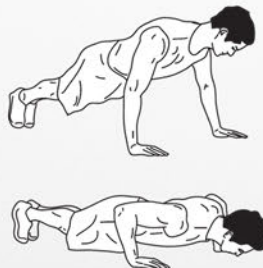
5 close grip push-ups



10 plank arm raises



10 squats



5 wide grip push-ups



10 planks with rotations

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Day 73 | Abs

Level I 3 sets | 20 reps each

Level II 4 sets | 22 reps each

Level III 5 sets | 24 reps each

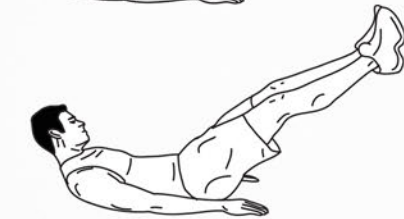
2 minutes rest between sets



crunches



leg raises



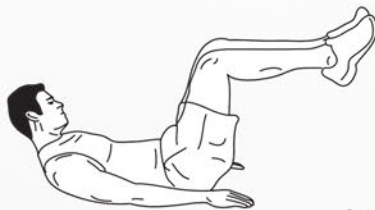
sitting twists



heel taps



hundreds



air bike crunches



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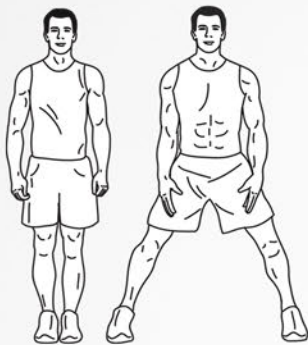
Day 74 | Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

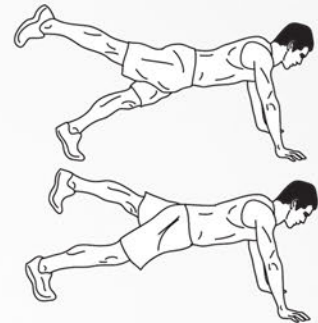
2 minutes rest between sets



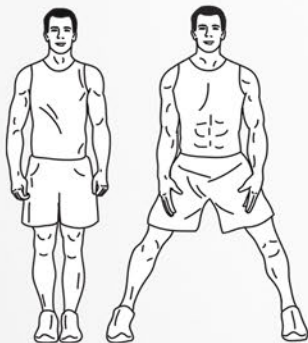
10 half jacks



40 high knees



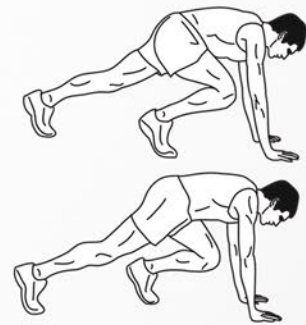
4 plank leg raises



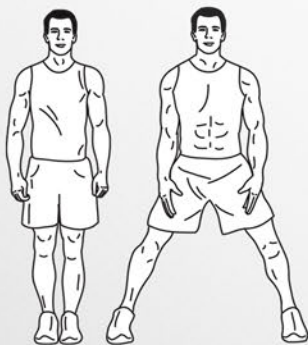
10 half jacks



40 high knees



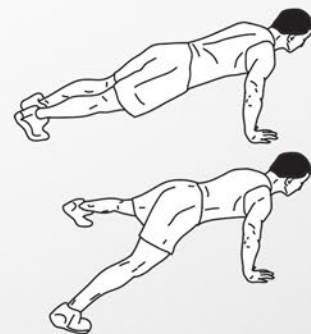
4 climbers



10 half jacks



40 high knees



4 plank jacks

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Day 75 | Stretching

Level I 20 seconds each

Level II 30 seconds each

Level III 40 seconds each

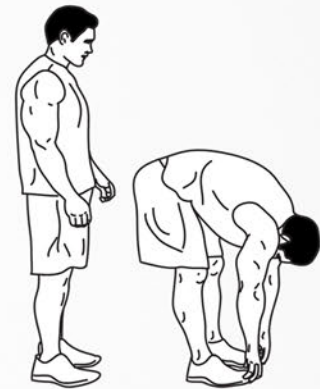
3 sets | 60 seconds rest



quad stretch



cross neck elbow stretch



gravity toe stretch



knees to chest hold



bow fold hold



groin stretch

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Day 76 | Circuit

Level I 3 sets

Level II 5 sets

Level III 7 sets

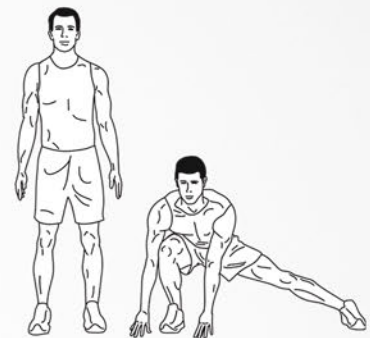
2 minutes rest between sets



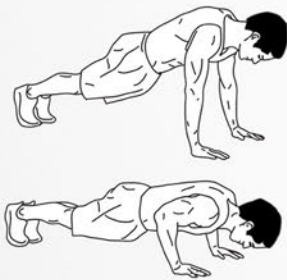
20 lunges



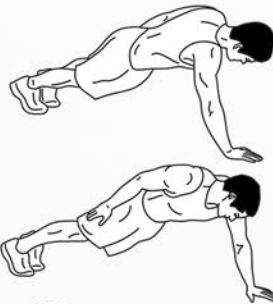
10 jumping lunges



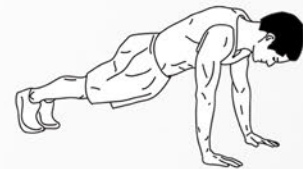
20 side lunges



10 push-ups



10 thigh taps



10-count plank



20 squats



10-count squat hold



20 jump squats

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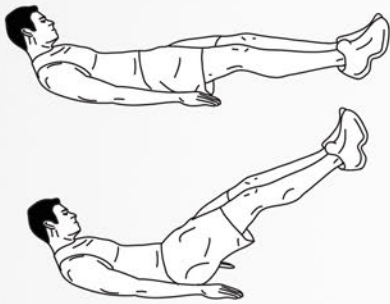
Day 77 | Abs

Level I 3 sets

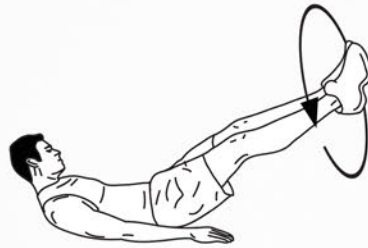
Level II 4 sets

Level III 5 sets

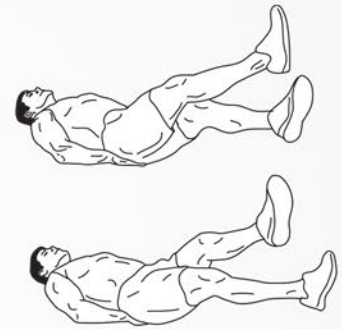
2 minutes rest between sets



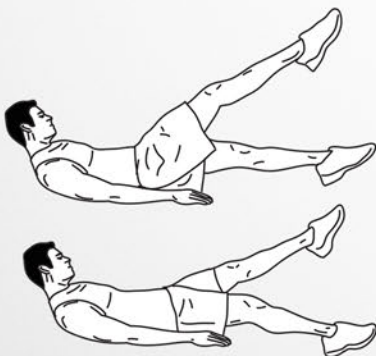
20 leg raises



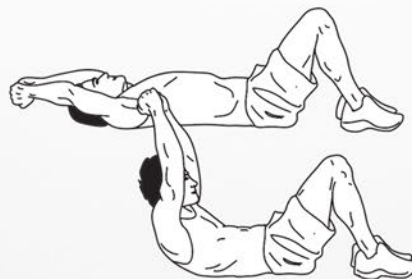
10 raised leg circles



20 scissors



20 flutter kicks



10 long arm crunches



10 knee crunches

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Day 78 | Cardio

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



40 high knees

jump to the left

40 high knees

jump to the right

40 high knees

jump to the left

40 high knees

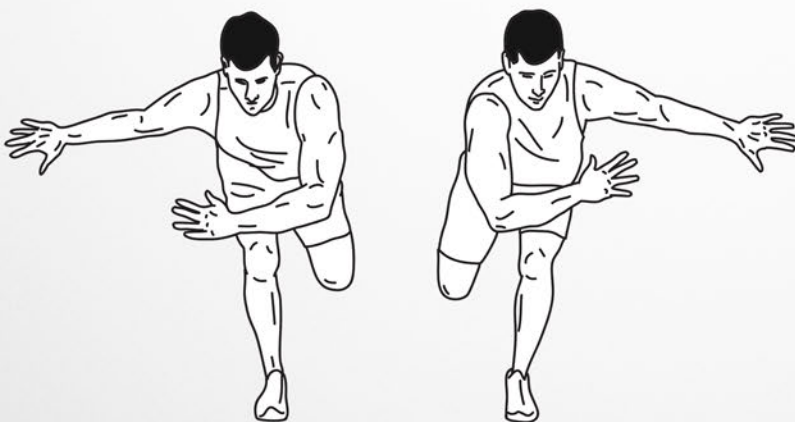
jump to the right

40 high knees

jump to the left

40 high knees

jump to the right



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Day 79 | Power Circuit

Level I 3 sets

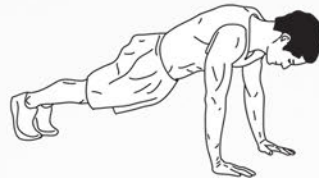
Level II 4 sets

Level III 5 sets

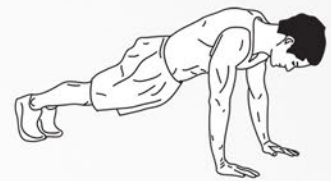
2 minutes rest between sets



5 wide grip push-ups



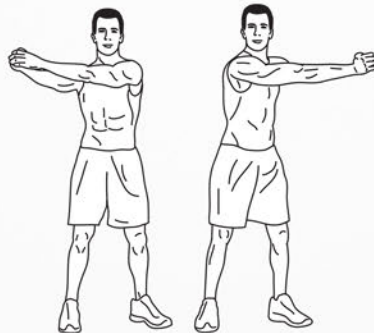
5 push-ups



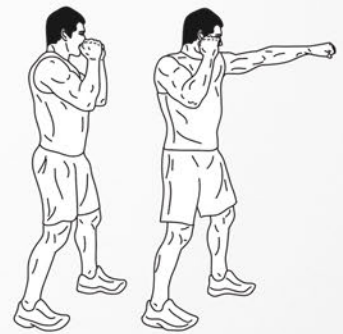
10 shoulder taps



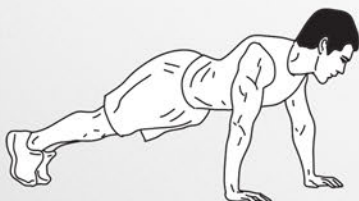
10 climber taps



20 side-to-side chops



20 punches



10 up and down plank

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Day 80 | Stretching

Level I 20 seconds each

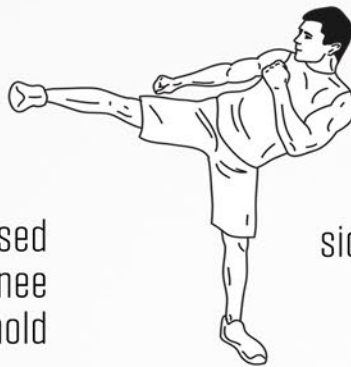
Level II 30 seconds each

Level III 40 seconds each

4 sets | 60 seconds rest



raised
knee
hold



side kick
hold



quad
stretch
hold



deep
lunge
hold



calf
raise
hold



shoulders
back
hold



deep
side lunge
hold



side
splits



chest
squeeze

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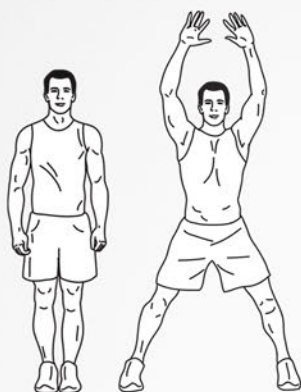
Day 81 | Cardio

Level I 3 sets

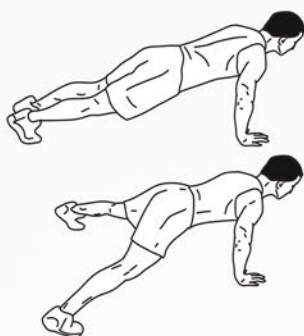
Level II 5 sets

Level III 7 sets

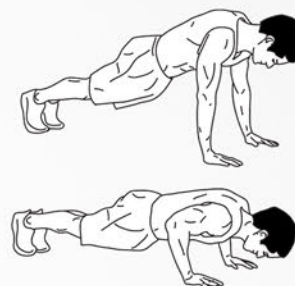
2 minutes rest between sets



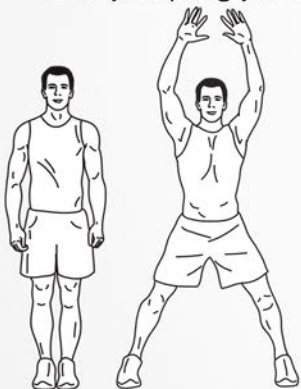
20 jumping jacks



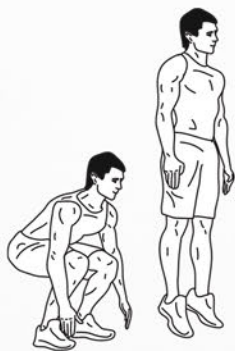
2 plank jacks



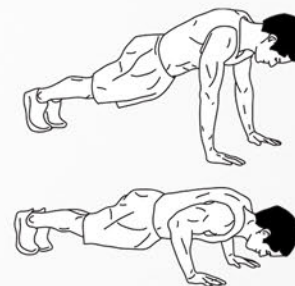
2 push-ups (fast!)



20 jumping jacks



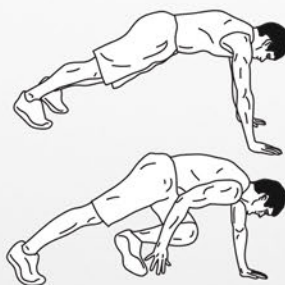
2 jump squats



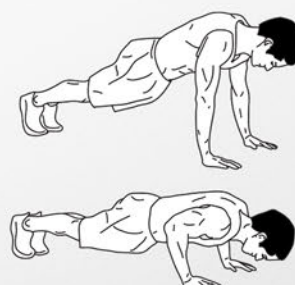
2 push-ups (fast!)



20 jumping jacks



2 climber taps



2 push-ups (fast!)

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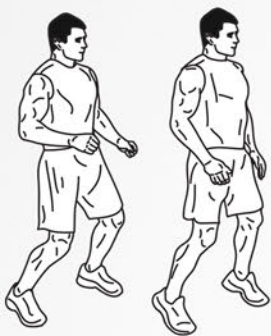
Day 82 | Striker

Level I 3 sets | 10 reps each

Level II 5 sets | 16 reps each

Level III 7 sets | 20 reps each

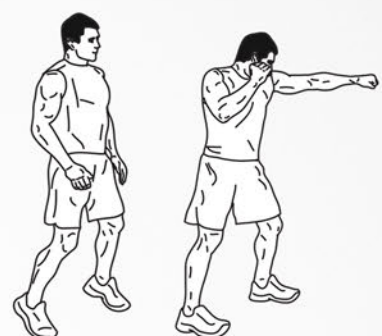
2 minutes rest between sets



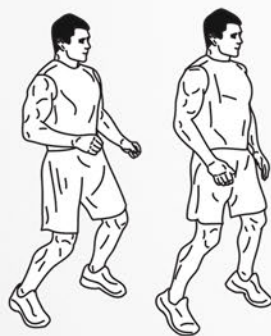
bounces



bounce & squat



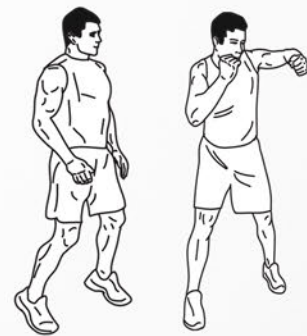
bounce & jab + cross



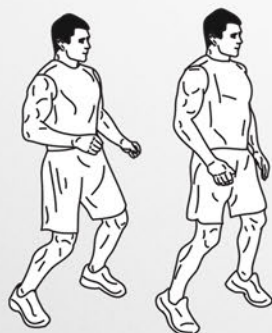
bounces



bounce & squat



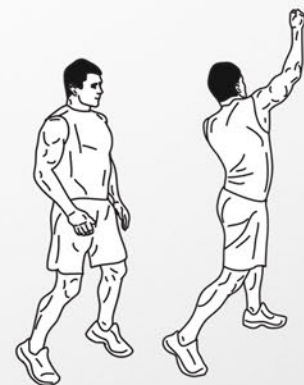
bounce & hook



bounces



bounce & squat



bounce & uppercut

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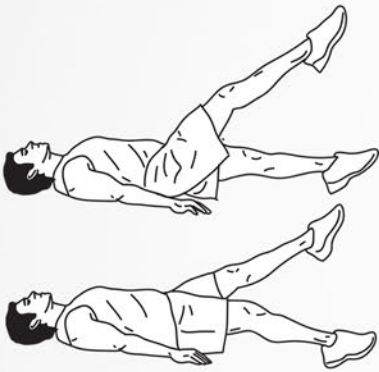
Day 83 | Abs

Level I 3 sets | 20 reps each

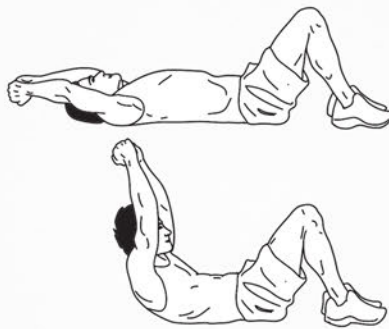
Level II 4 sets | 30 reps each

Level III 5 sets | 40 reps each

2 minutes rest between sets



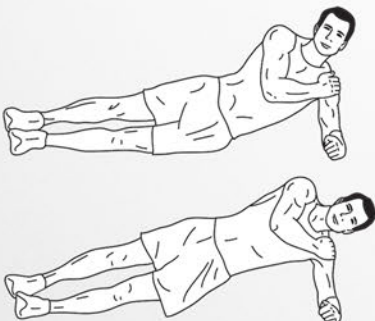
flutter kicks



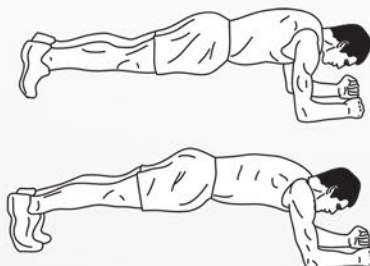
long arm crunches



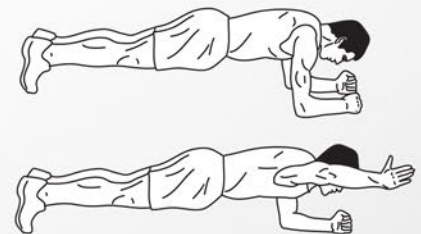
sitting twists



side bridges



body saw



plank arm raises

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Day 84 | Cardio HIIT

Level I 3 sets

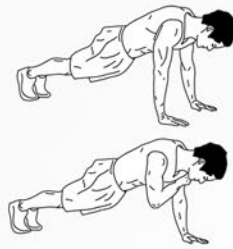
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



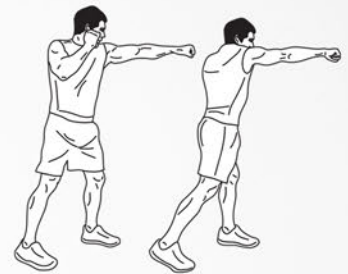
10sec high knees



20sec shoulder taps



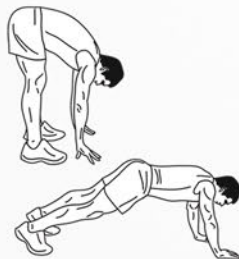
10sec high knees



20sec punches



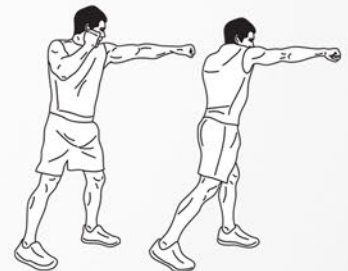
10sec high knees



20sec plank walk-outs



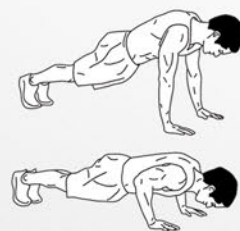
10sec high knees



20sec punches



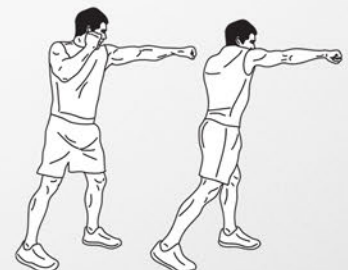
10sec high knees



20sec push-ups



10sec high knees



20sec punches

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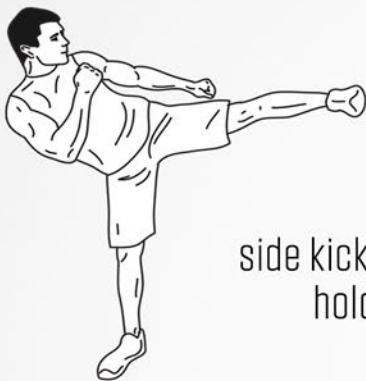
Day 85 | Stretching

Level I 30 seconds each

Level II 40 seconds each

Level III 60 seconds each

3 sets | 60 seconds rest



side kick
hold



front kick
hold



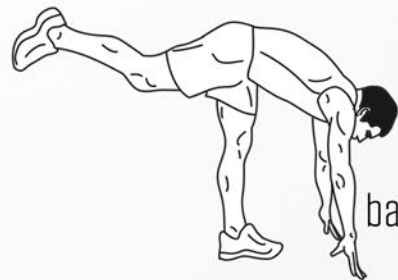
raised
knee
hold



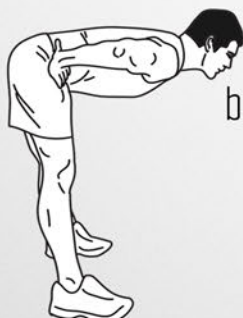
arm grip
stretch
hold



overhead
arm lock
hold



bent
over
balance
hold



bent over
hold



deep lunge
hold



deep lunge
hold (toes up)

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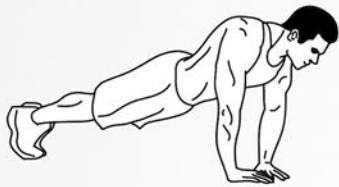
Day 86 | Power Circuit

Level I 3 sets | 2 reps each

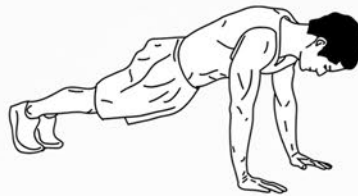
Level II 5 sets | 3 reps each

Level III 7 sets | 4 reps each

2 minutes rest between sets



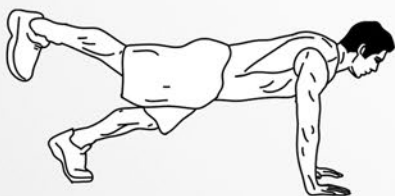
tricep push-ups



push-ups



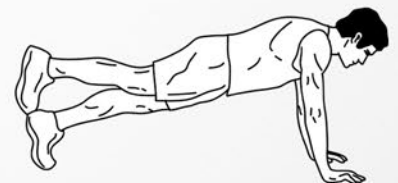
wide grip push-ups



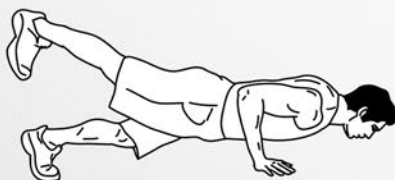
raised leg push-ups



staggered push-ups



stacked push-ups



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Day 87 | Cardio

Level I 3 sets

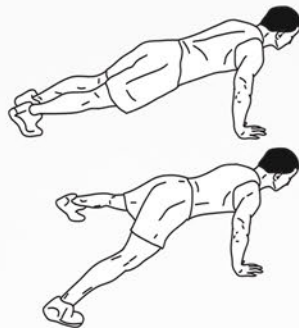
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



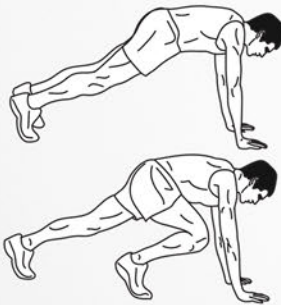
20 high knees



10 plank jacks



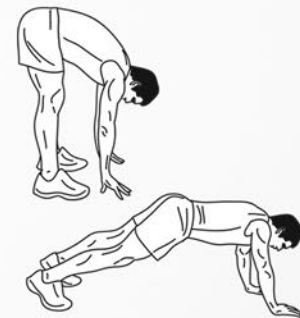
20 high knees



10 climbers



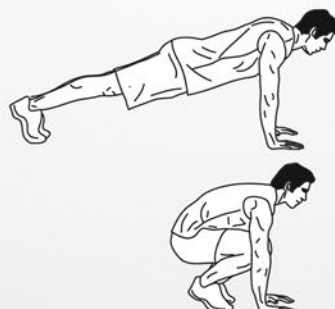
20 high knees



10 plank walk-outs



20 high knees



10 plank jump-ins



20 high knees

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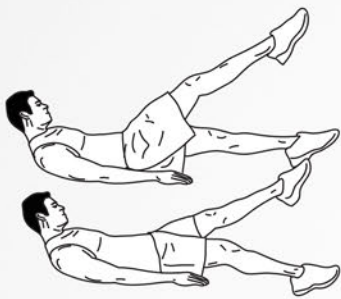
Day 88 | Abs

Level I 3 sets

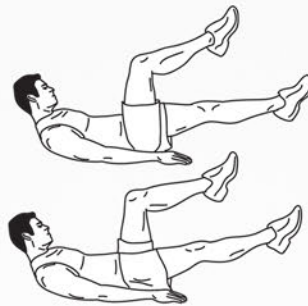
Level II 4 sets

Level III 5 sets

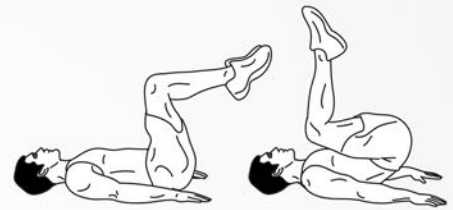
2 minutes rest between sets



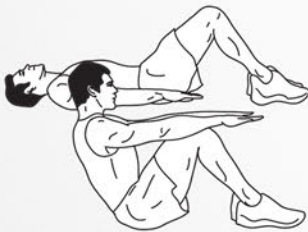
20 flutter kicks



20 air bike crunches



20 reverse crunches



20 sit-ups



20 knee-to-elbow crunches



20 sitting twists



10 leg raises



10-count raised leg hold



10 raised leg circles

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Day 89 | Cardio HIIT

Level I 3 sets

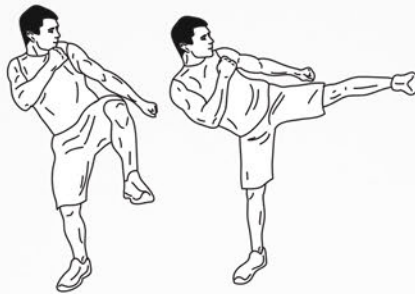
Level II 5 sets

Level III 7 sets

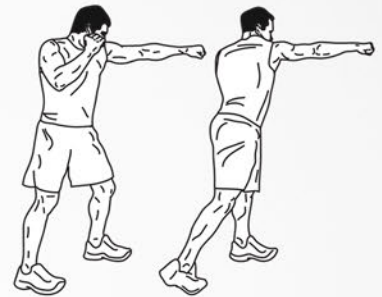
2 minutes rest between sets



20sec high knees



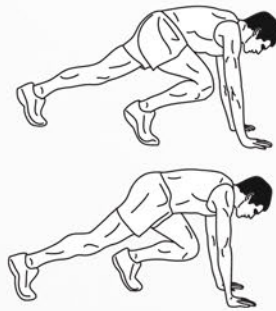
20sec side kicks



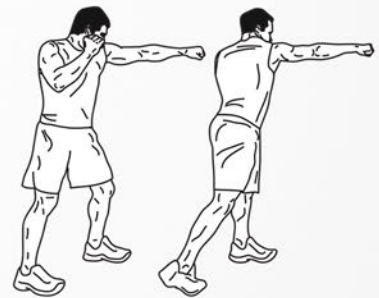
20sec punches



20sec high knees



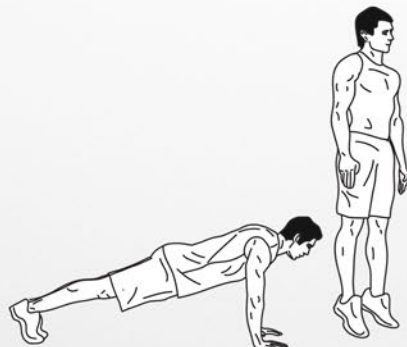
20sec climbers



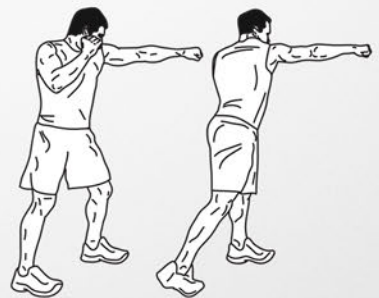
20sec punches



20sec high knees



20sec basic burpees



20sec punches

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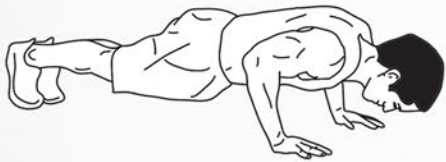
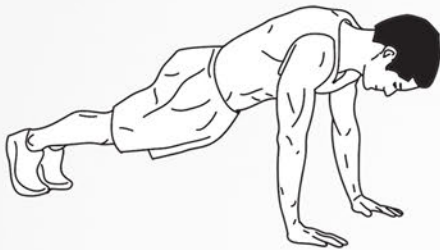
Day 90 | Power Circuit

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



5 push-ups

20 squats

5 push-ups

20 squats

5 push-ups

20 squats

5 push-ups

20 squats

rest

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