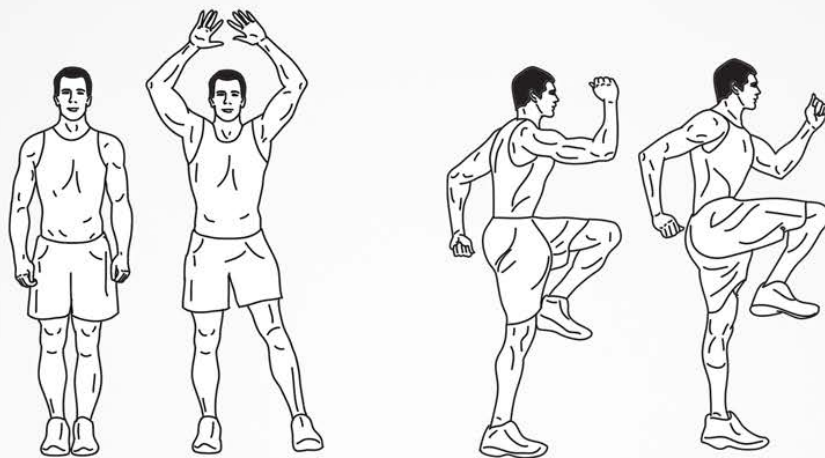


CARDIO GO!

Day 1

7 sets in total

@ darebee.com



30sec step jacks

30sec march steps

30sec step jacks

30sec march steps

30sec step jacks

30sec march steps

30sec step jacks

30sec march steps

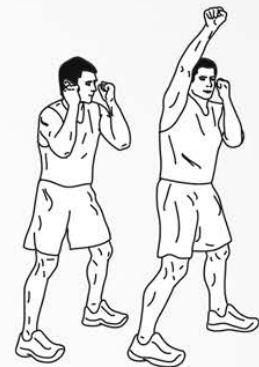
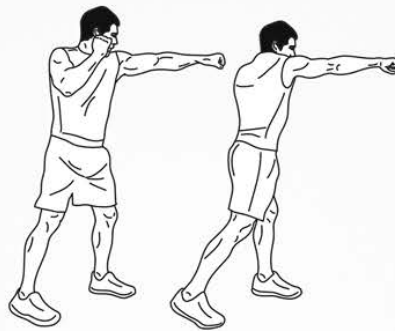
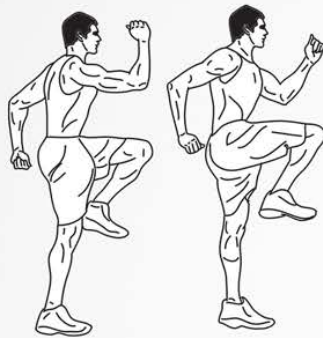
60sec rest (optional)

CARDIO **GO!**

Day 2

7 sets in total

@ darebee.com



60sec march steps

20sec punches

10sec overhead punches

60sec march steps

20sec punches

10sec overhead punches

60sec march steps

20sec punches

10sec overhead punches

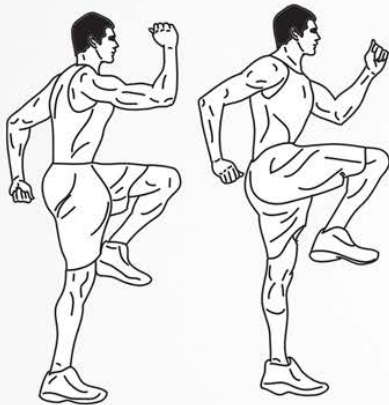
60sec rest (optional)

CARDIO **GO!**

Day 3

7 sets in total

@ darebee.com



30sec march steps

10sec high knees (sprint!)

30sec march steps

10sec high knees (sprint!)

30sec march steps

10sec high knees (sprint!)

30sec march steps

10sec high knees (sprint!)



30sec march steps

10sec high knees (sprint!)

30sec march steps

10sec high knees (sprint!)

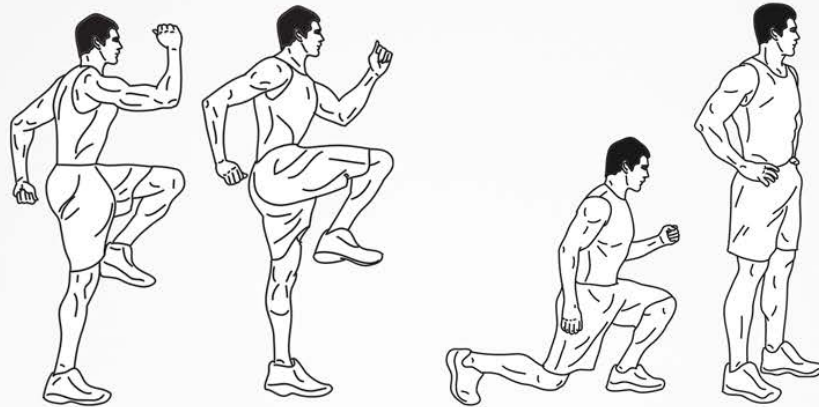
60sec rest (optional)

CARDIO **GO!**

Day 4

7 sets in total

@ darebee.com



60sec march steps

15sec reverse lunges

60sec march steps

15sec reverse lunges

60sec march steps

15sec reverse lunges

60sec march steps

15sec reverse lunges

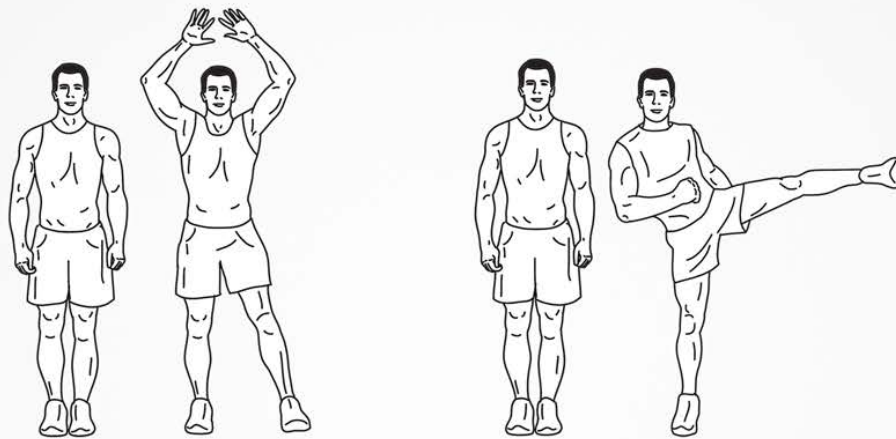
60sec rest (optional)

CARDIO GO!

Day 5

7 sets in total

@ darebee.com



60sec step jacks

20sec side leg raises

60sec step jacks

20sec side leg raises

60sec step jacks

20sec side leg raises

60sec step jacks

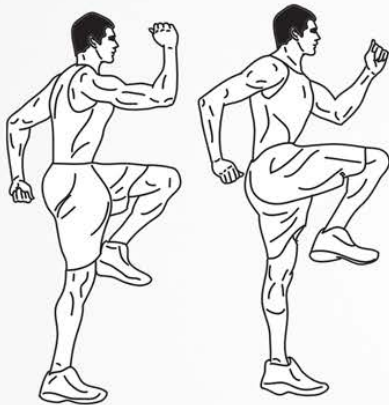
60sec rest (optional)

CARDIO **GO!**

Day 6

7 sets in total

@ darebee.com



30sec march steps

10sec butt kicks

30sec march steps

10sec butt kicks

30sec march steps

10sec butt kicks

30sec march steps

10sec butt kicks

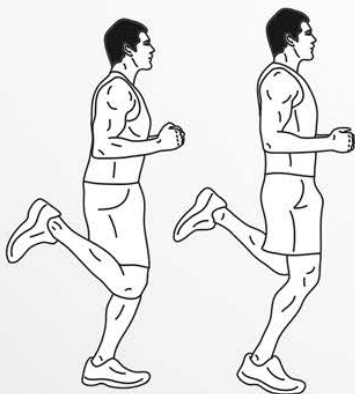
30sec march steps

10sec butt kicks

30sec march steps

10sec butt kicks

60sec rest (optional)

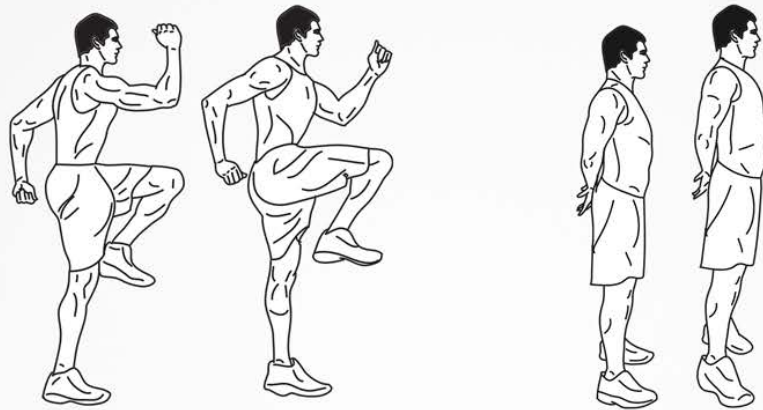


CARDIO GO!

Day 7

7 sets in total

@ darebee.com



60sec march steps

15sec calf raises

60sec march steps

15sec calf raises

60sec march steps

15sec calf raises

60sec march steps

15sec calf raises

60sec rest (optional)