



POWER
CARDIO

POWER CARDIO

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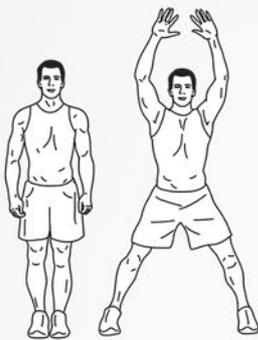
Day 1 | High Burn

Level I 3 sets

Level II 5 sets

Level III 7 sets

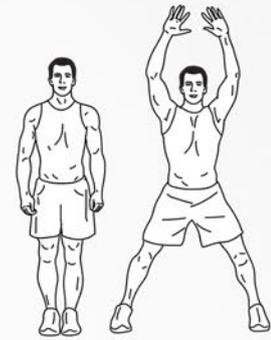
2 minutes rest between sets



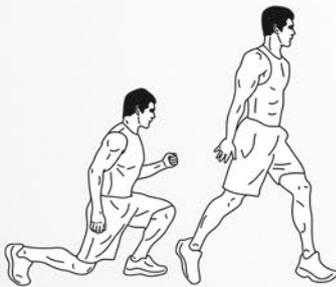
20 jumping jacks



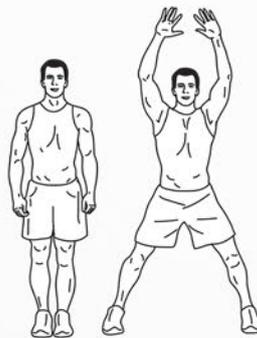
10 jump squats



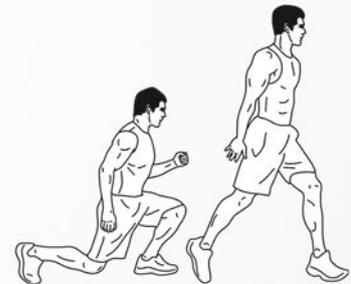
20 jumping jacks



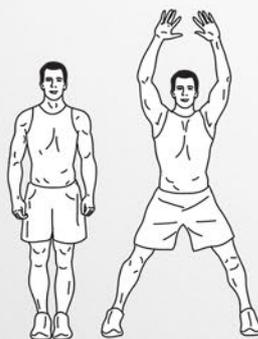
10 jumping lunges



20 jumping jacks



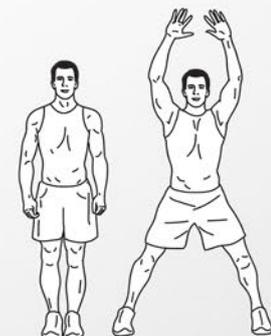
10 jumping lunges



20 jumping jacks



10 jump squats



20 jumping jacks

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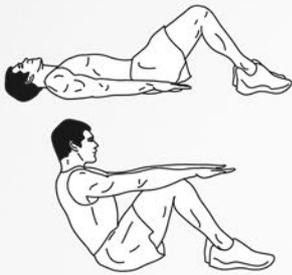
Day 2 | Abs

Level I 3 sets

Level II 4 sets

Level III 5 sets

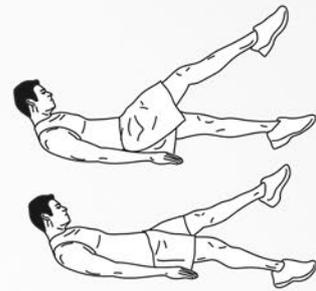
2 minutes rest between sets



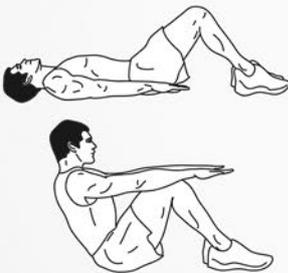
10 sit-ups



10 sitting twists



20 flutter kicks



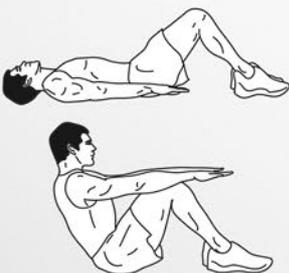
10 sit-ups



10 sitting twists



20 reverse crunches



10 sit-ups



10 sitting twists



20 side jackknives

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Day 3 | Power Burn

Level I 3 sets

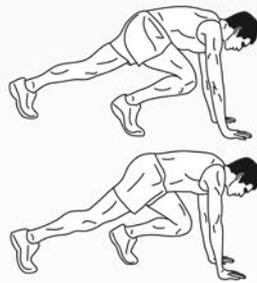
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



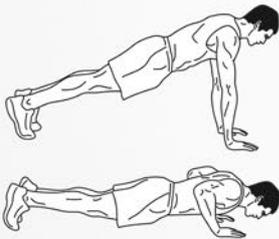
20 high knees



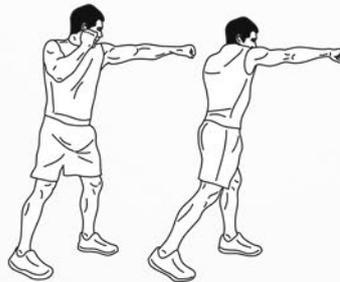
20 climbers



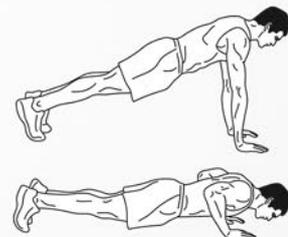
20 high knees



20 push-ups



40 punches



20 push-ups



20 high knees



20 climbers



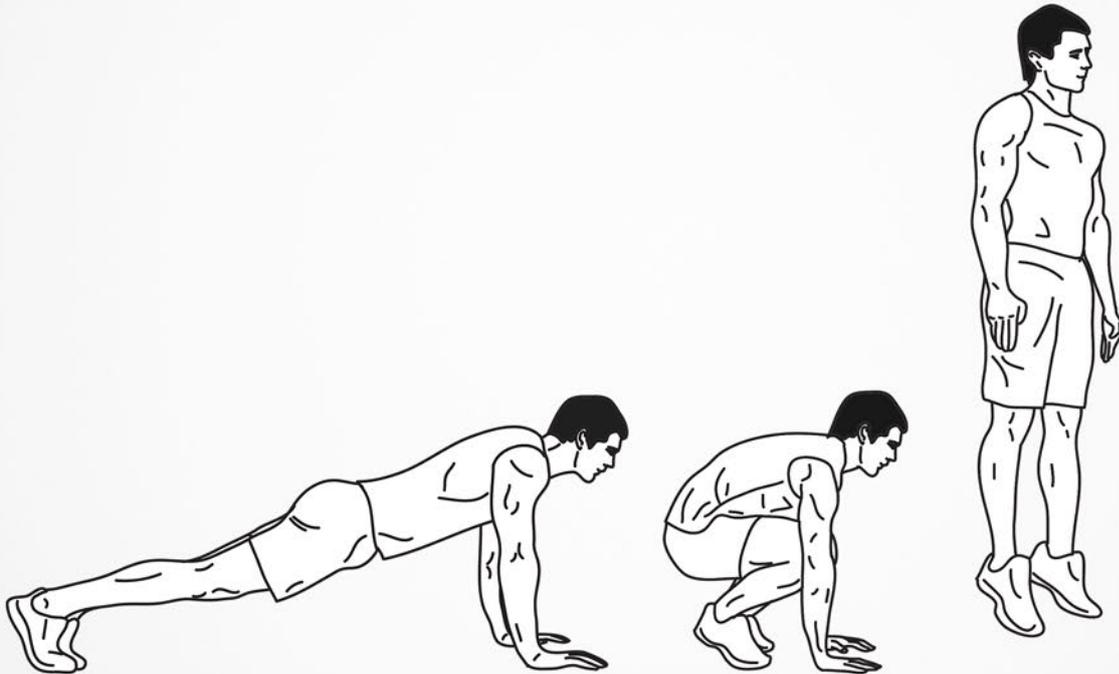
20 high knees

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Day 4
Challenge

Split the total
into manageable sets.



100

basic burpees with a jump

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Day 5 | High Burn

Level I 3 sets

Level II 5 sets

Level III 7 sets

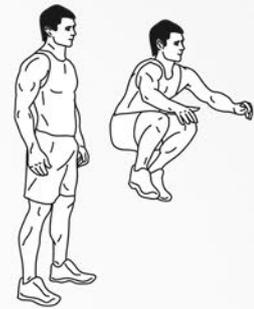
2 minutes rest between sets



40 high knees



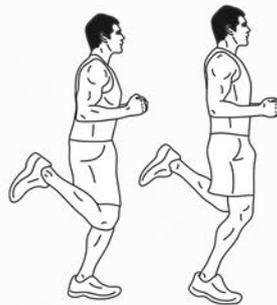
10 jump squats



5 jump knee tucks



40 high knees



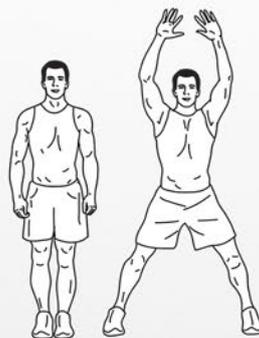
10 butt kicks



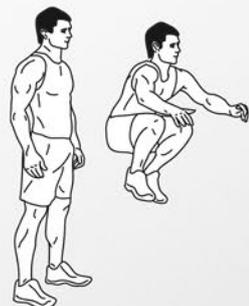
5 jump knee tucks



40 high knees



10 jumping jacks



5 jump knee tucks

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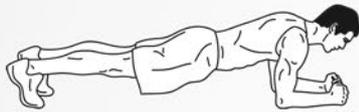
Day 6 | Abs

Level I 3 sets

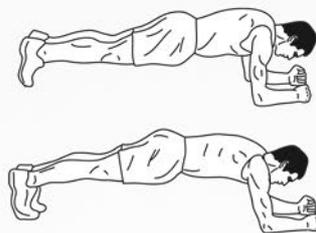
Level II 4 sets

Level III 5 sets

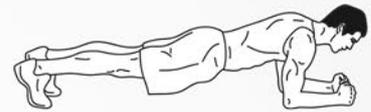
2 minutes rest between sets



10-count elbow plank



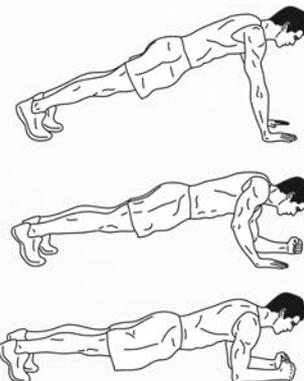
10 body saw



10-count elbow plank



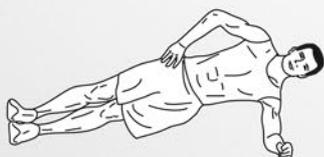
10 plank rolls



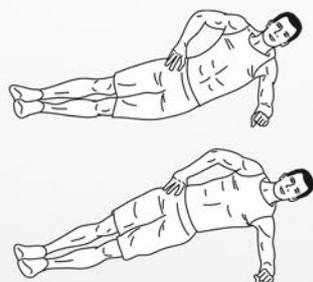
10 up & down plank



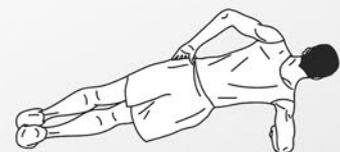
10 plank rolls



10-count side plank



10 side bridges
switch sides half way through



10-count side plank

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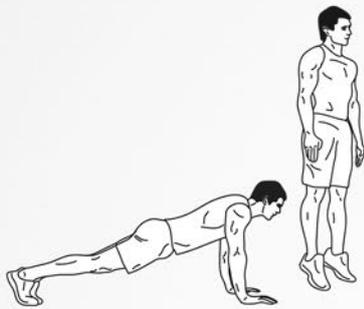
Day 7 | Power Burn

Level I 3 sets

Level II 5 sets

Level III 7 sets

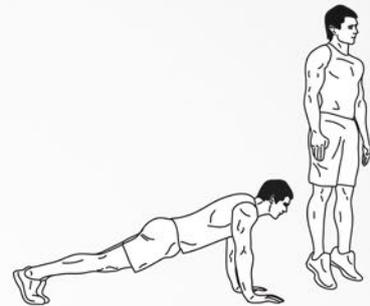
2 minutes rest between sets



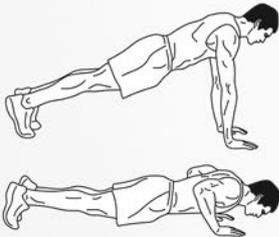
20 basic burpees



20-count squat hold



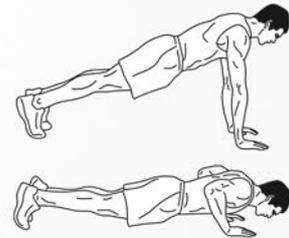
20 basic burpees



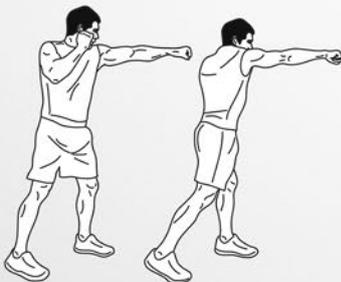
20 push-ups



20-count push-up hold



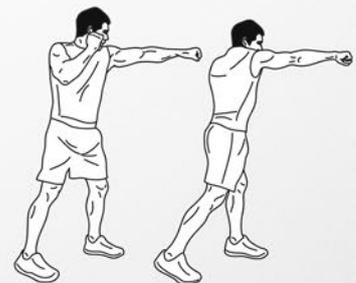
20 push-ups



20 punches



20 overhead punches



20 punches

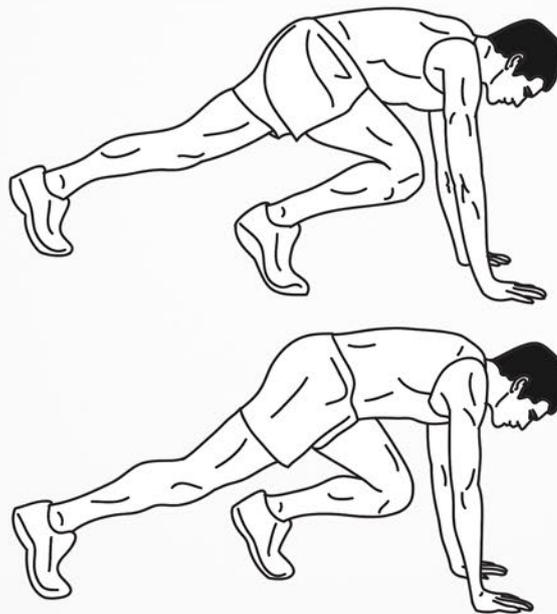
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Day 8

Challenge

Split the total
into manageable sets.



200
climbers

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Day 9 | High Burn

Level I 3 sets

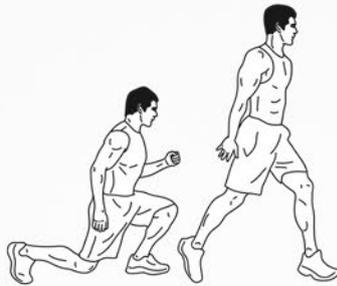
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



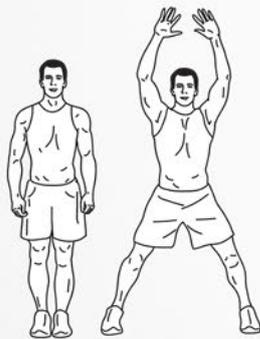
20 high knees



10 jumping lunges



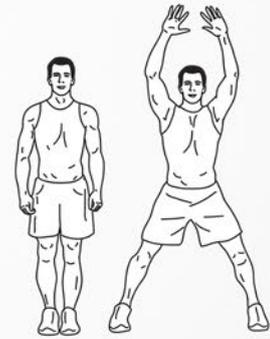
20 high knees



10 jumping jacks



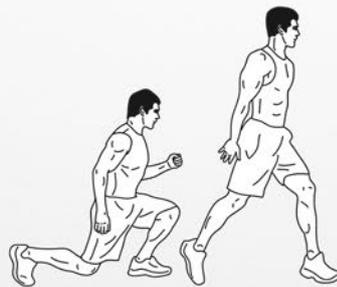
20 high knees



10 jumping jacks



20 high knees



10 jumping lunges



20 high knees

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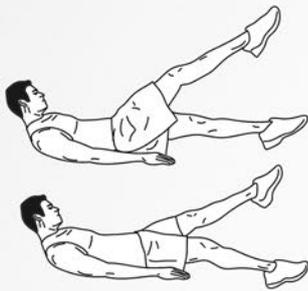
Day 10 | Abs

Level I 3 sets

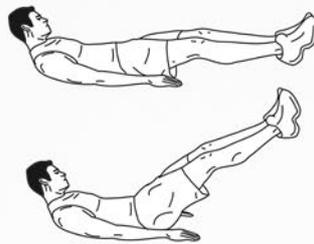
Level II 4 sets

Level III 5 sets

2 minutes rest between sets



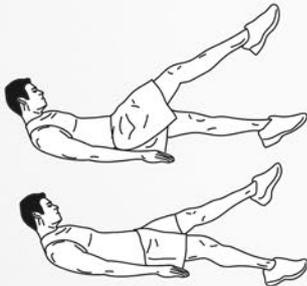
20 flutter kicks



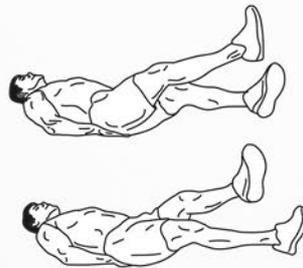
10 leg raises



10 raised leg circles



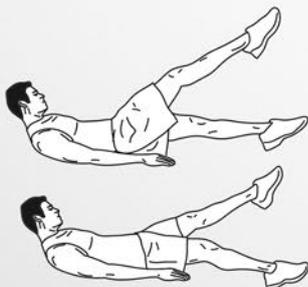
20 flutter kicks



10 scissors



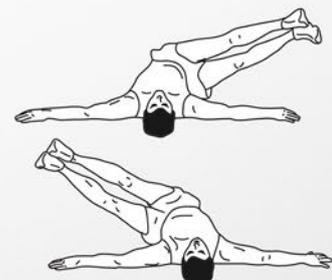
10 crunch kicks



20 flutter kicks



10 V-ups



10 windshield wipers

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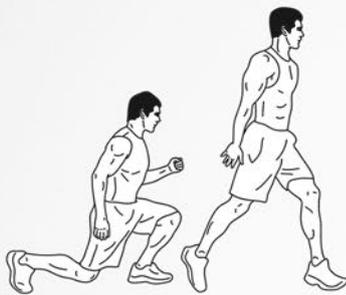
Day 11 | Power Burn

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



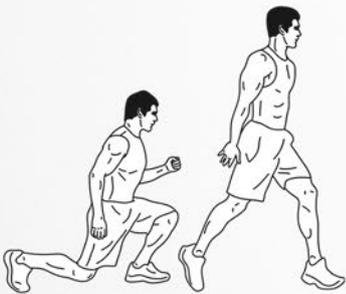
10 jumping lunges



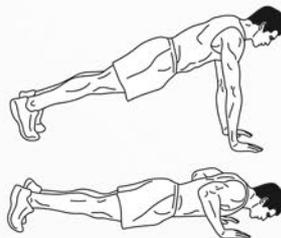
20 side-to-side lunges



30 high knees



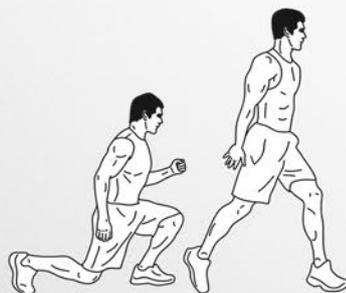
10 jumping lunges



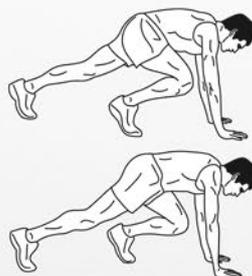
20 push-ups



30 high knees



10 jumping lunges



20 climbers



30 high knees

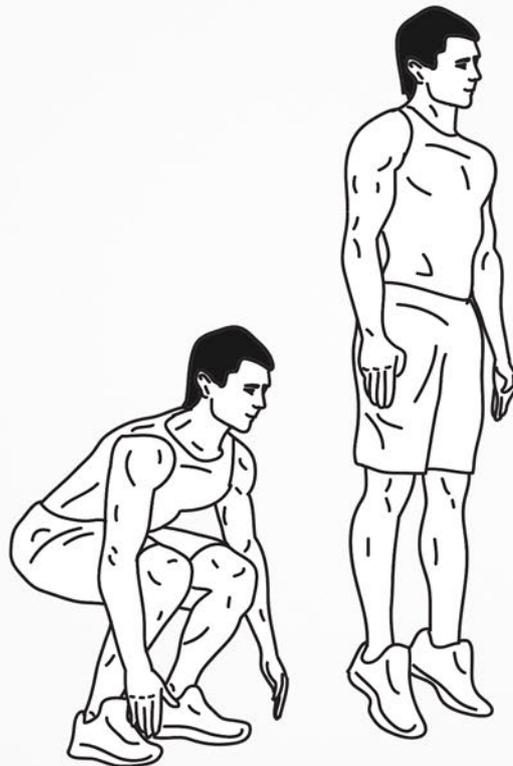
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Day 12

Challenge

Split the total
into manageable sets.



100

jump squats

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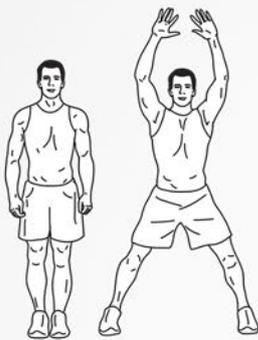
Day 13 | High Burn

Level I 3 sets

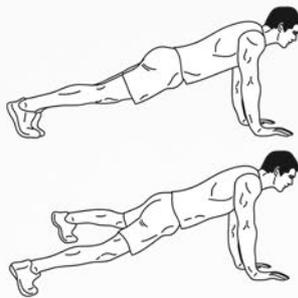
Level II 5 sets

Level III 7 sets

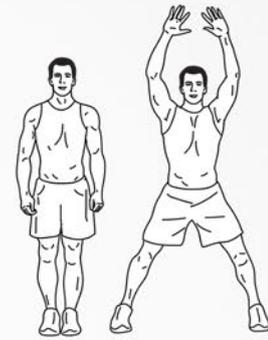
2 minutes rest between sets



20 jumping jacks



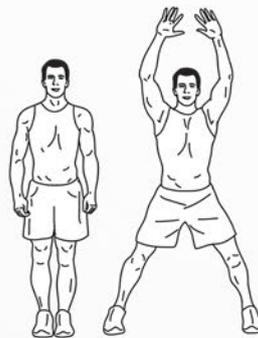
10 plank jacks



20 jumping jacks



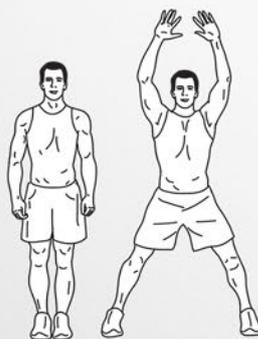
10 plank rotations



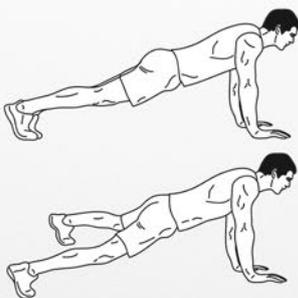
20 jumping jacks



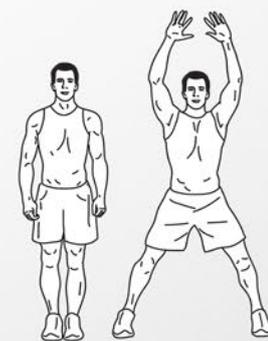
10 plank rotations



20 jumping jacks



10 plank jacks



20 jumping jacks

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Day 14 | Abs

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



10-count elbow plank



10 side plank crunches



10-count elbow plank



10 body saw



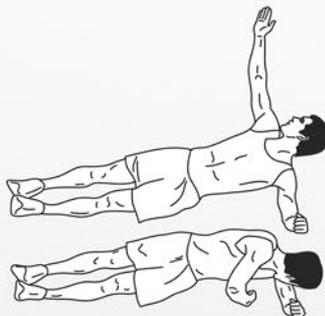
10-count elbow plank



10 plank rolls



10-count elbow plank



10 side plank rotations
switch sides half way through



10-count elbow plank

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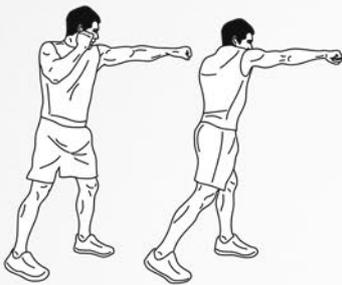
Day 15 | Power Burn

Level I 3 sets

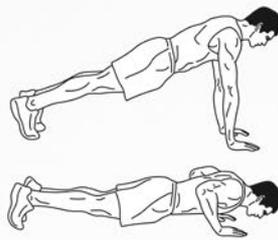
Level II 5 sets

Level III 7 sets

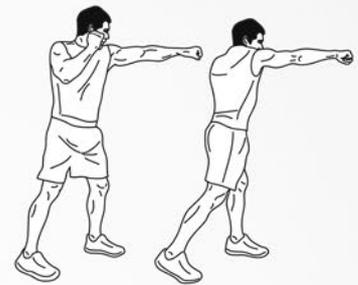
2 minutes rest between sets



20 punches



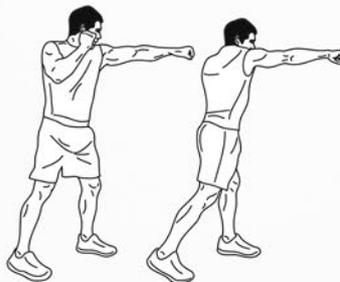
20 push-ups



20 punches



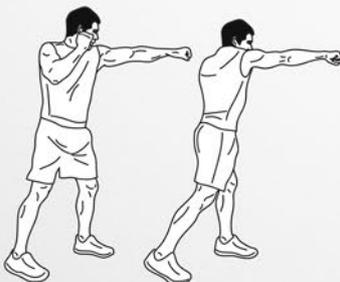
20 jump squats



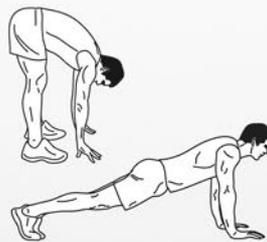
20 punches



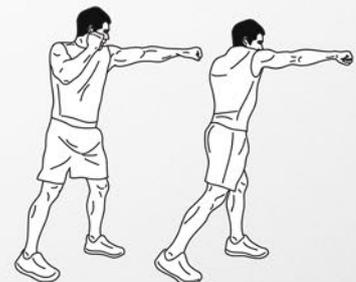
20 jump squats



20 punches



20 plank walk-outs



20 punches

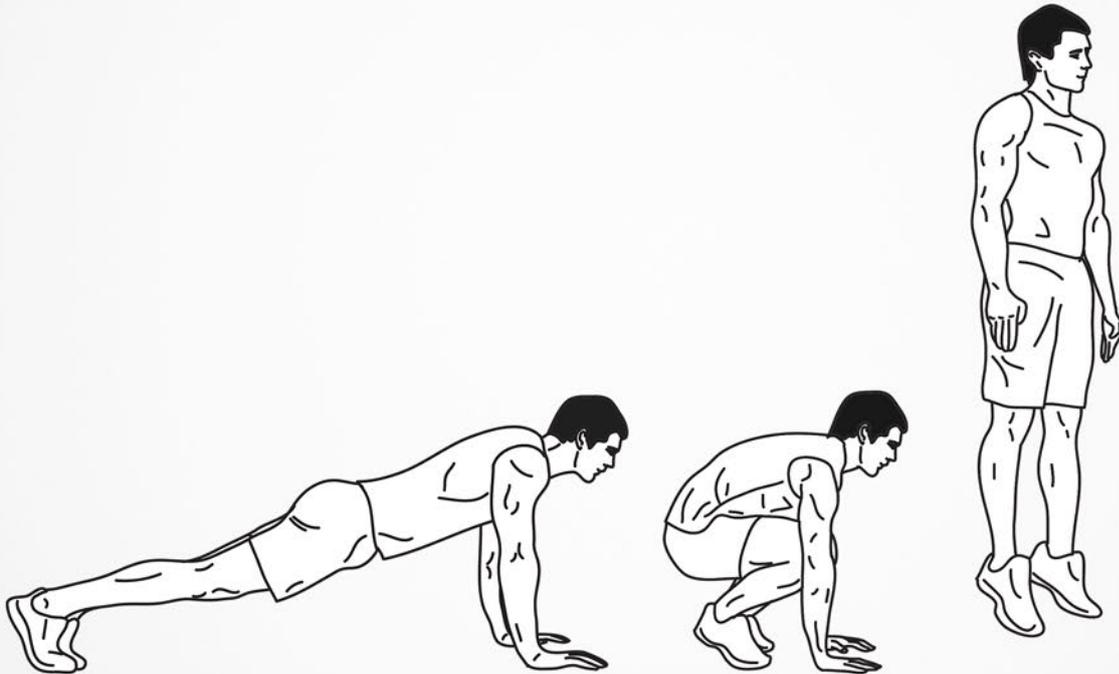
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Day 16

Challenge

Split the total
into manageable sets.



120

basic burpees with a jump

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Day 17 | High Burn

Level I 3 sets

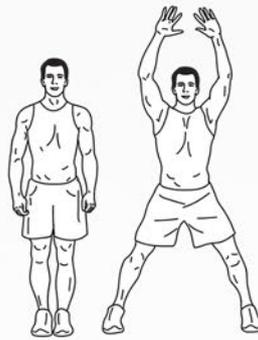
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



40 high knees



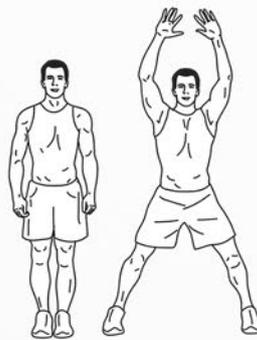
10 jumping jacks



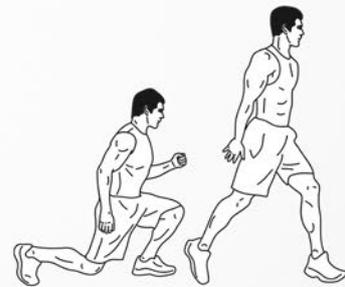
5 jump squats



40 high knees



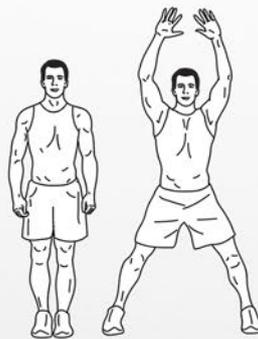
10 jumping jacks



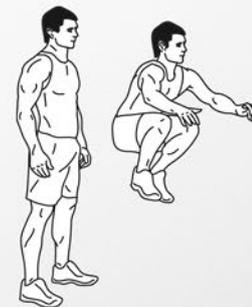
10 jumping lunges



40 high knees



10 jumping jacks



5 jump knee tucks

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Day 18 | Abs

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



10 knee-to-elbows



20 high crunches



10-count hollow hold



10 knee-to-elbows



20 knee crunches



10-count hollow hold



10 knee-to-elbows



20 pulse-ups



10-count hollow hold

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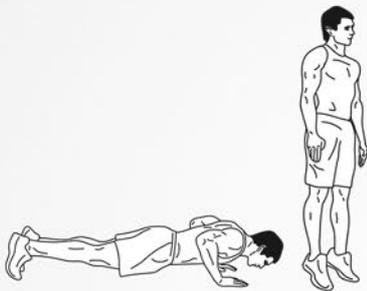
Day 19 | Power Burn

Level I 3 sets

Level II 5 sets

Level III 7 sets

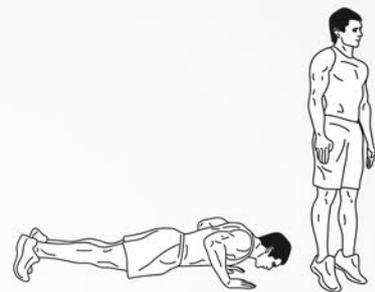
2 minutes rest between sets



10 burpees



20-count squat hold



10 burpees



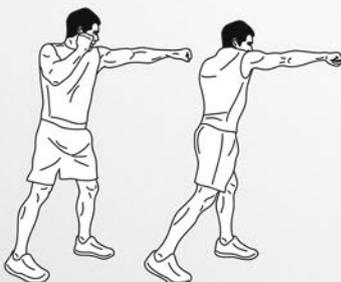
20-count push-up hold



10 jump squats



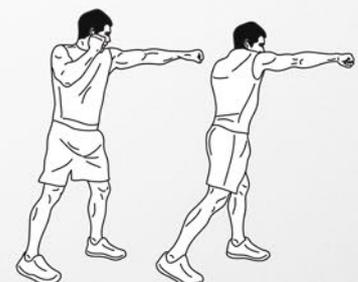
20-count push-up hold



20 punches



20 overhead punches



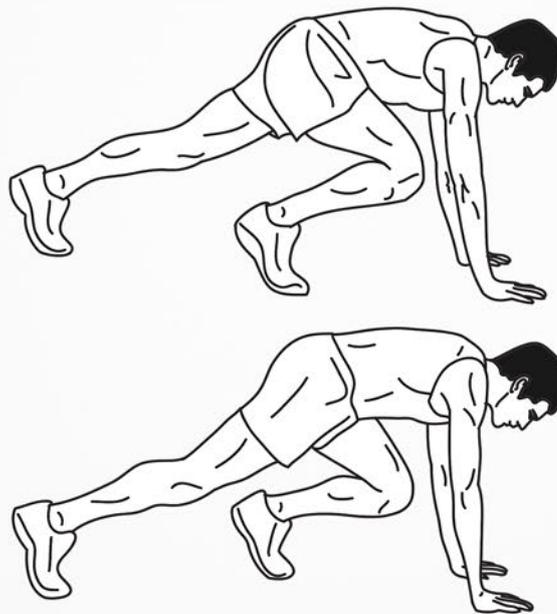
20 punches

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Day 20
Challenge

Split the total
into manageable sets.



300
climbers

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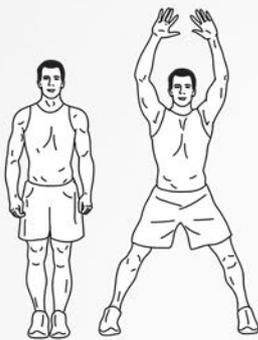
Day 21 | High Burn

Level I 3 sets

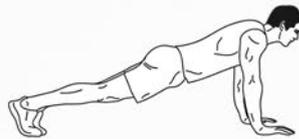
Level II 5 sets

Level III 7 sets

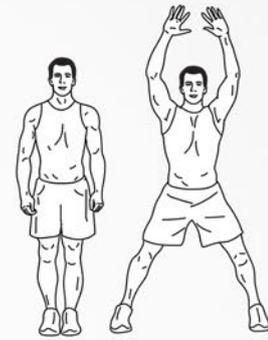
2 minutes rest between sets



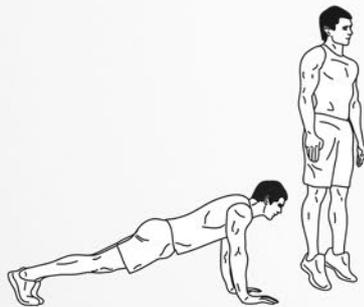
20 jumping jacks



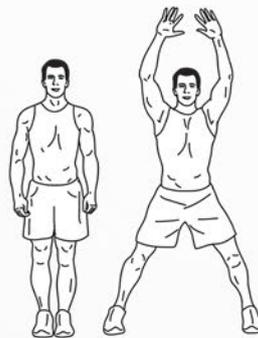
10-count plank hold



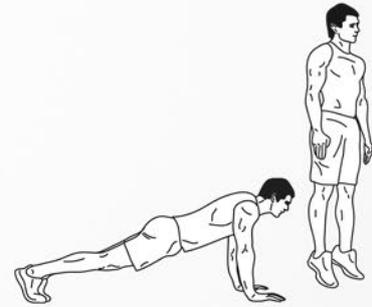
20 jumping jacks



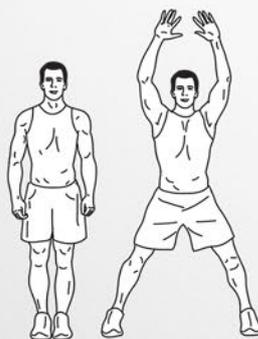
10 basic burpees



20 jumping jacks



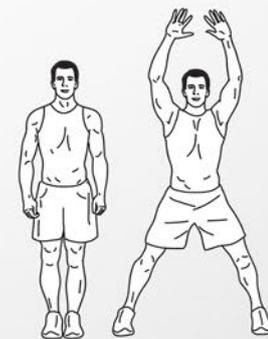
10 basic burpees



20 jumping jacks



10-count plank hold



20 jumping jacks

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Day 22 | Abs

Level I 3 sets

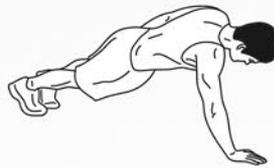
Level II 4 sets

Level III 5 sets

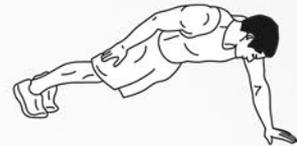
2 minutes rest between sets



20-count plank



10-count one-arm plank



10-count one-arm plank



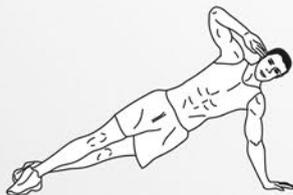
10 up & down plank



10 side plank crunch



10 seagulls



10 side plank crunches



10 shoulder taps



10 plank walk-outs

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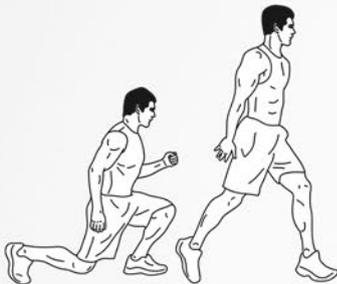
Day 23 | Power Burn

Level I 3 sets

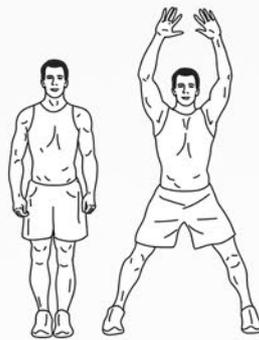
Level II 5 sets

Level III 7 sets

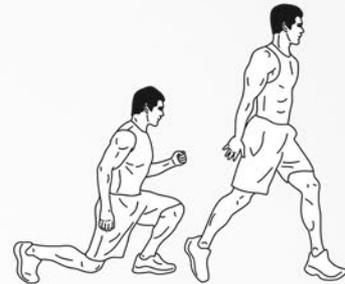
2 minutes rest between sets



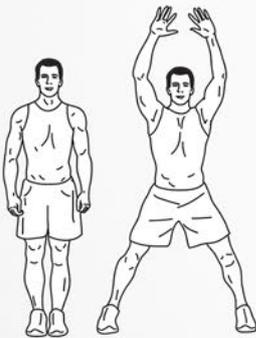
10 jumping lunges



20 jumping jacks



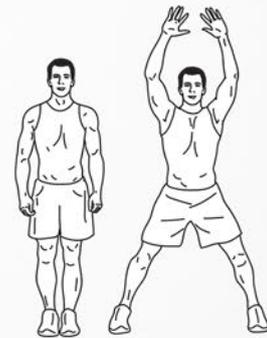
10 jumping lunges



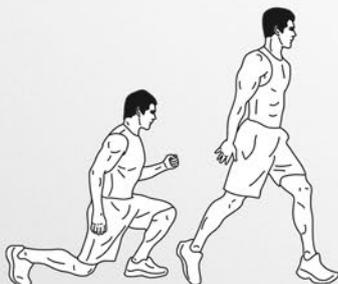
20 jumping jacks



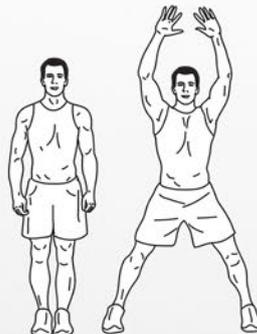
10 jump squats



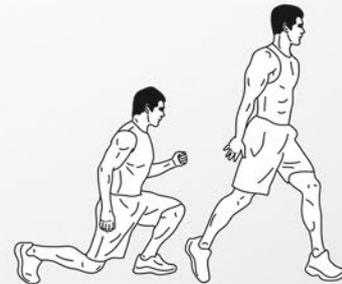
20 jumping jacks



10 jumping lunges



20 jumping jacks



10 jumping lunges

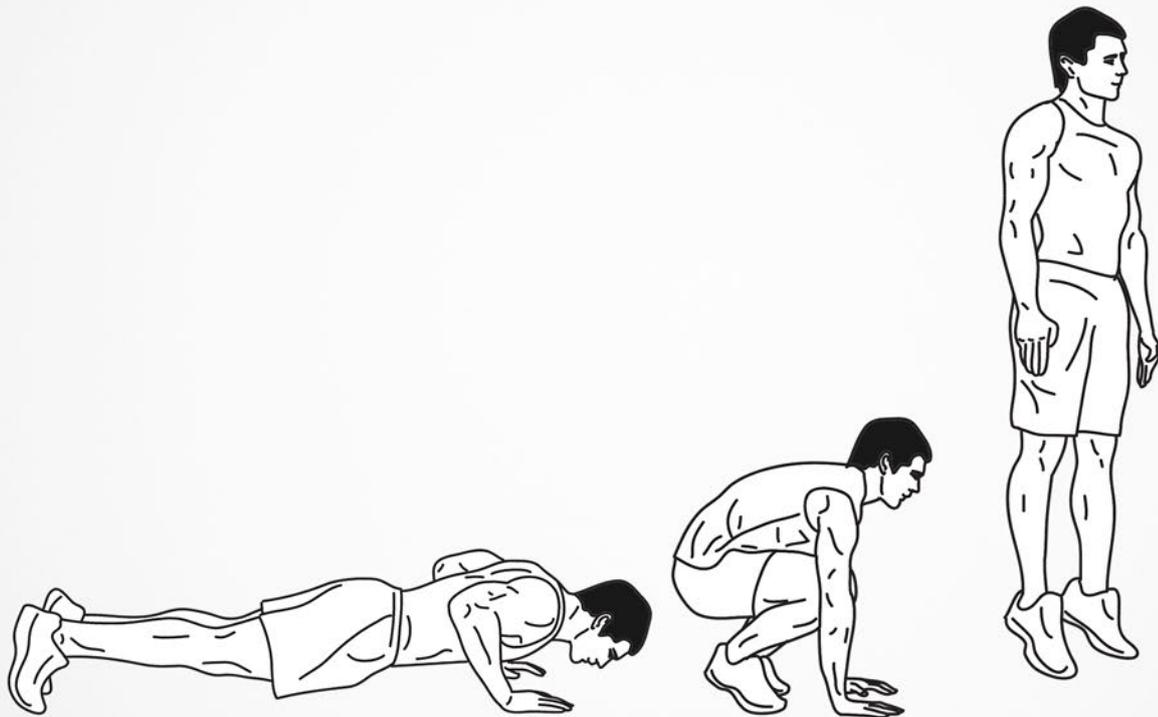
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Day 24

Challenge

Split the total
into manageable sets.



50
burpees

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Day 25 | High Burn

Level I 3 sets

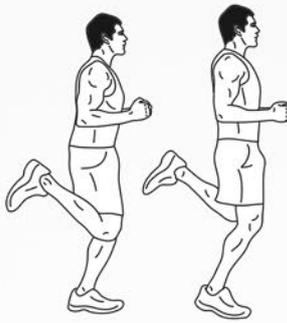
Level II 5 sets

Level III 7 sets

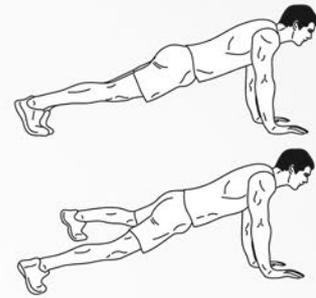
2 minutes rest between sets



40 high knees



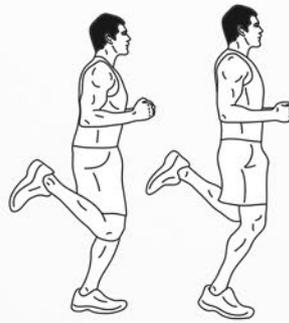
10 butt kicks



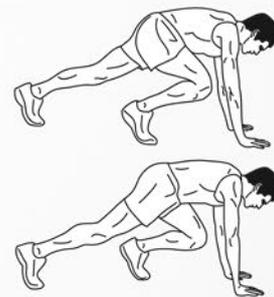
10 plank jacks



40 high knees



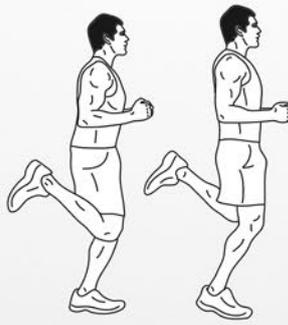
10 butt kicks



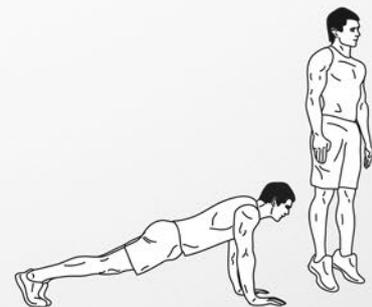
10 climbers



40 high knees



10 butt kicks



10 basic burpees

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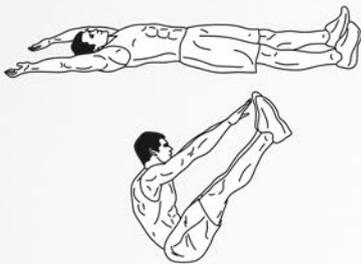
Day 26 | Abs

Level I 3 sets

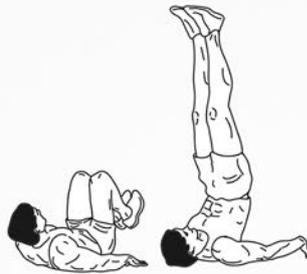
Level II 4 sets

Level III 5 sets

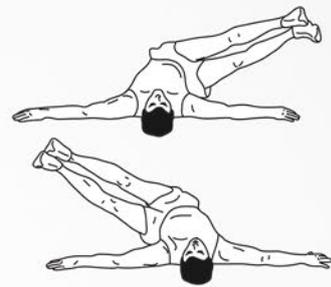
2 minutes rest between sets



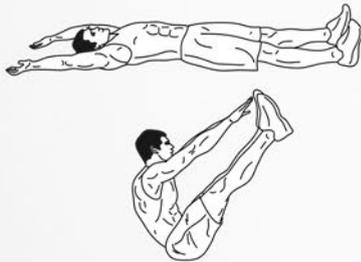
10 V-ups



10 butt-ups



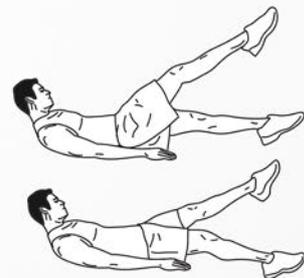
20 windshield wipers



10 V-ups



10 raised leg circles



20 flutter kicks



10 V-ups



10 knee-in & twists



20-count hollow hold

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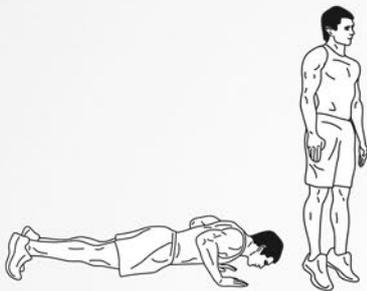
Day 27 | Power Burn

Level I 3 sets

Level II 5 sets

Level III 7 sets

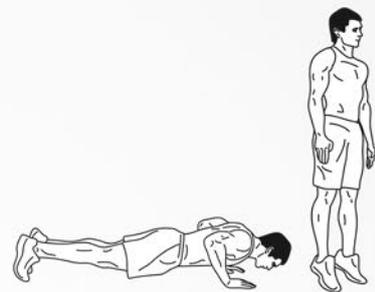
2 minutes rest between sets



20 burpees



20-count squat hold



20 burpees



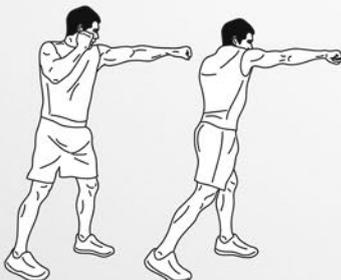
20-count push-up hold



20 burpees



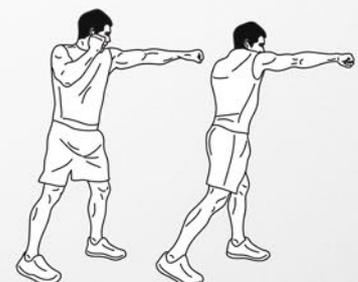
20-count push-up hold



20 punches



20 overhead punches



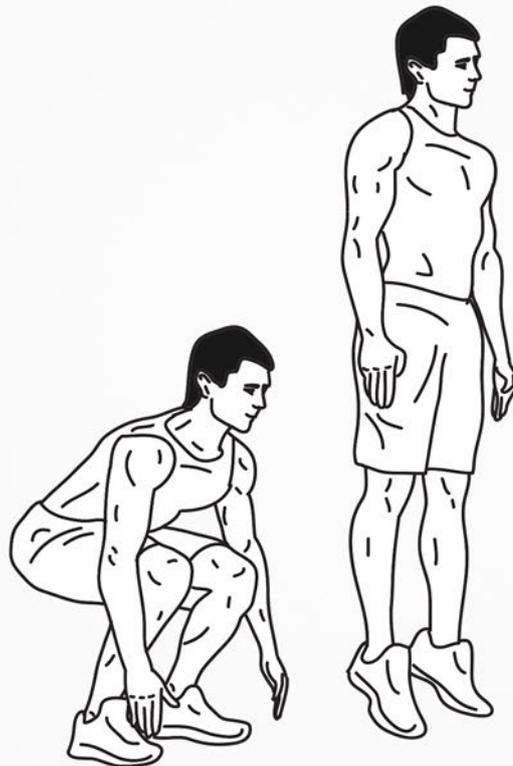
20 punches

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Day 28
Challenge

Split the total
into manageable sets.



120

jump squats

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Day 29 | High Burn

Level I 3 sets

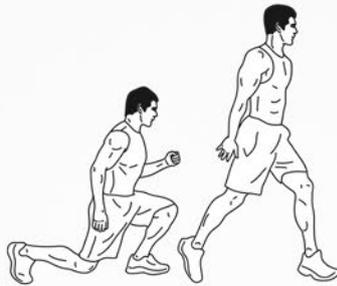
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



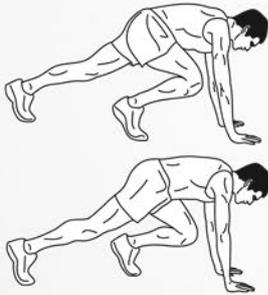
20 high knees



10 jumping lunges



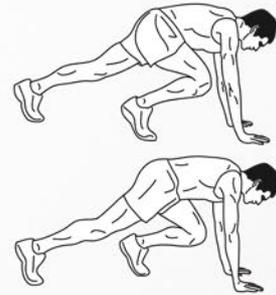
20 high knees



20 climbers



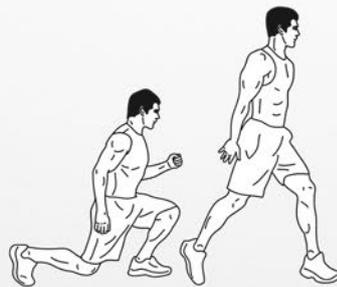
20 high knees



20 climbers



20 high knees



10 jumping lunges



20 high knees

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Day 30 | Abs

Level I 3 sets

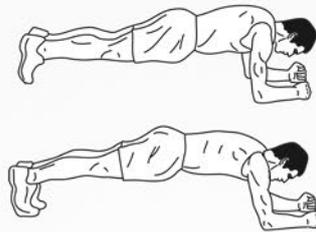
Level II 4 sets

Level III 5 sets

2 minutes rest between sets



10-count star plank



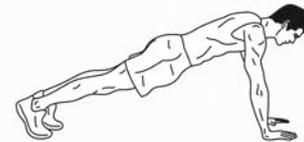
10 body saw



10-count star plank



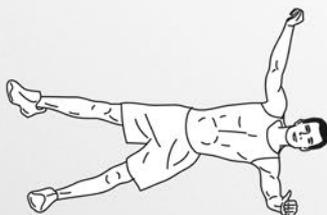
10 plank rolls



10 up & down plank



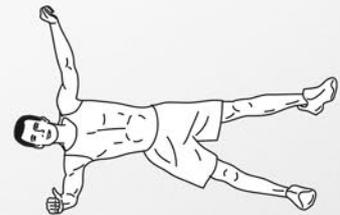
10 plank rolls



10-count side star plank



10 side bridges
switch sides half way through



10-count side star plank

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