



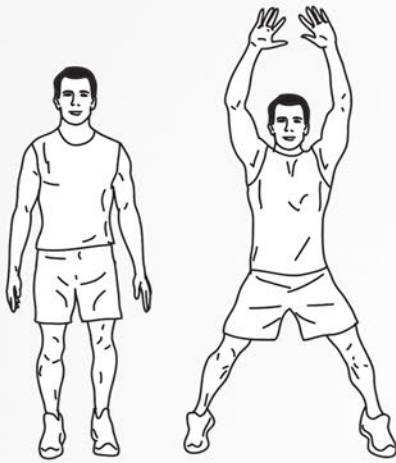
30 days of  
**CARDIO  
BLAST**

streamline

BODYWEIGHT HOME CARDIO

## Day 1 | Bodyweight Workout

**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets  
up to 2 minutes rest between rounds



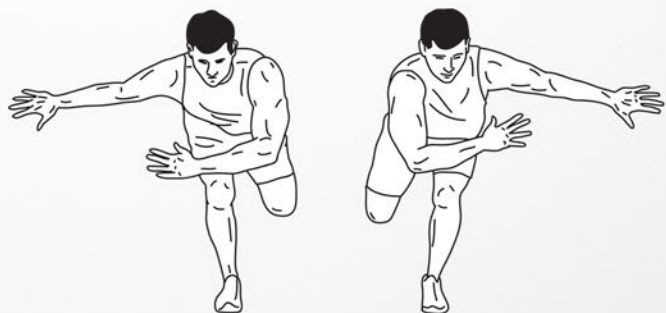
**10** jumping jacks



**10** sprinter lunges



**10** lunge step-ups



**8** side-to-side jumps

## Day 2 | Cardio Workout

**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets  
up to 2 minutes rest between rounds



10 high knees

2 climbers

10 high knees

2 climbers

10 high knees

2 climbers

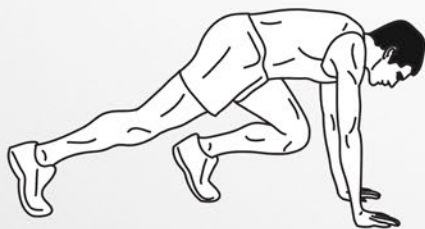


10 high knees

2 climbers

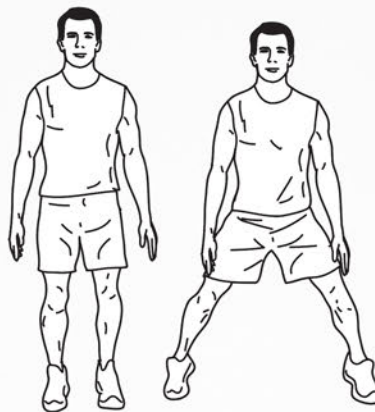
10 high knees

2 climbers

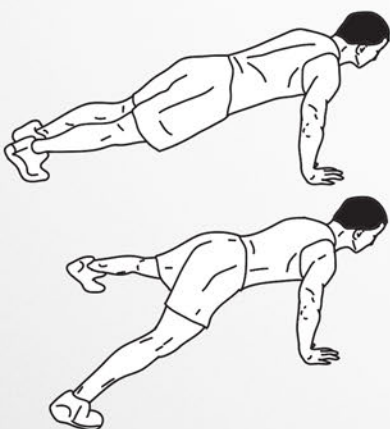


## Day 3 | Bodyweight Workout

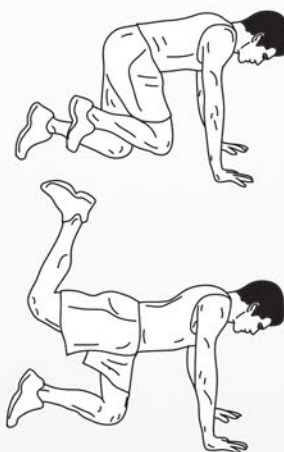
**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets  
up to 2 minutes rest between rounds



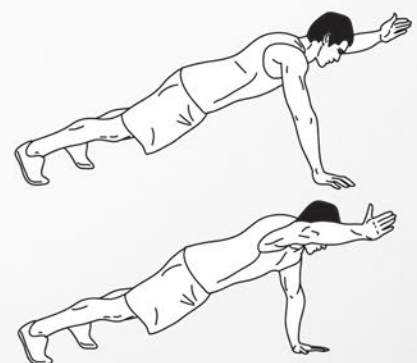
20 half jacks



10 plank jacks



10 donkey kicks



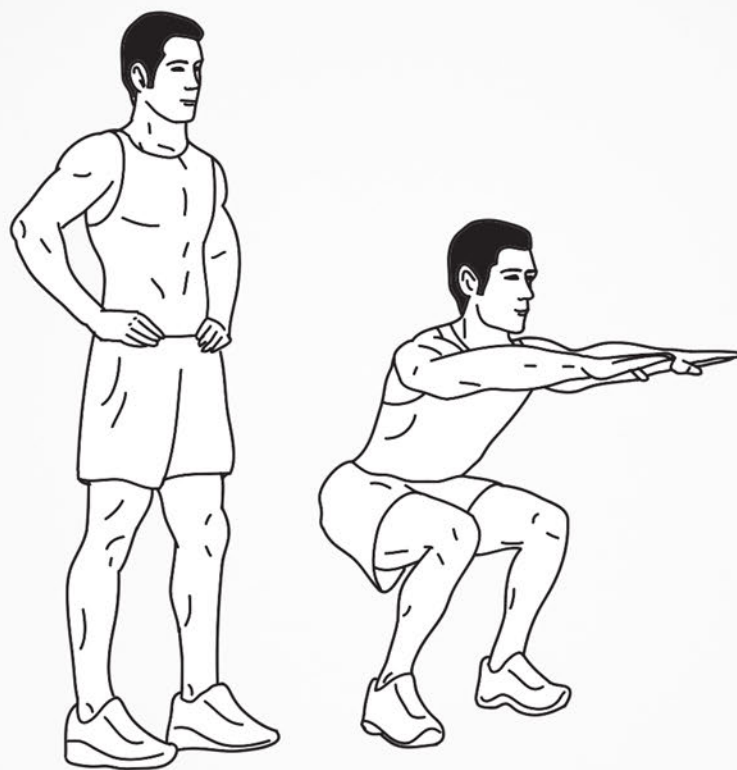
10 plank arm raises



## **Day 4** | Challenge

reps throughout the day

complete a total of 100 squats by the end of the day



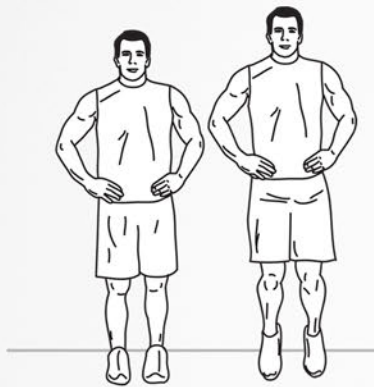
# 100 squats

## Day 5 | Cardio Hop Workout

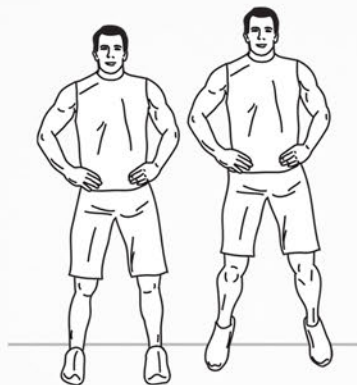
**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets

**10 reps** each exercise

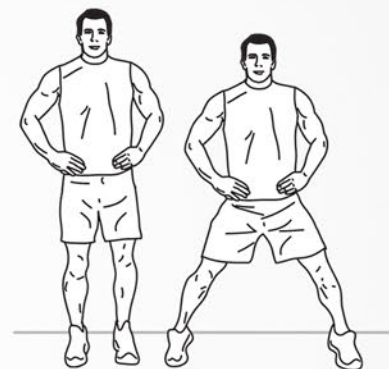
up to 2 minutes rest between rounds



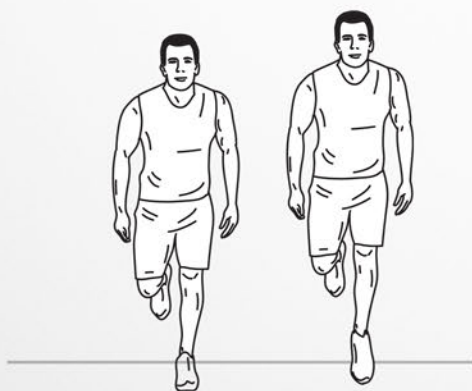
hop on the spot



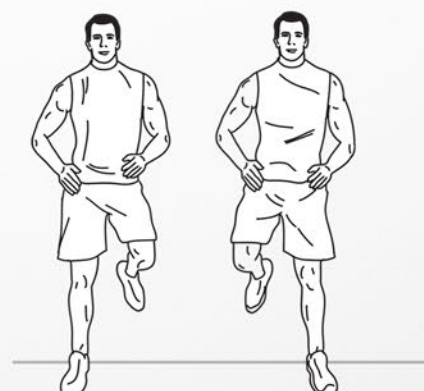
wide leg hops



half jacks



single leg hops



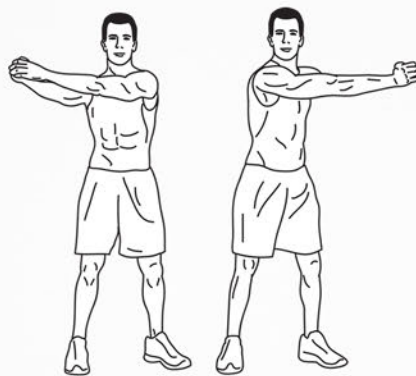
side-to-side hops

## Day 6 | Bodyweight Workout

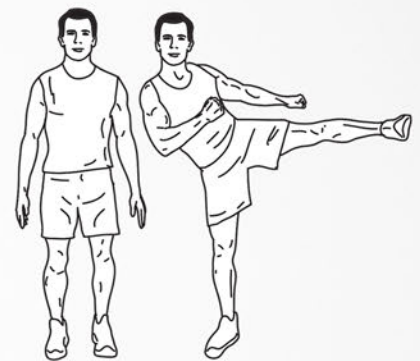
**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets  
up to 2 minutes rest between rounds



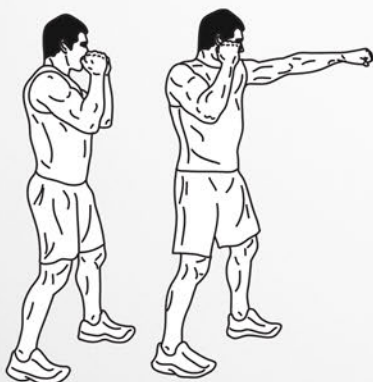
**10** sprinter lunges



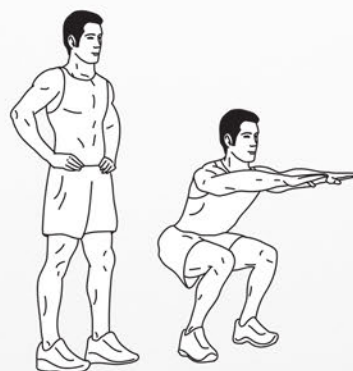
**20** side-to-side chops



**10** side leg raises



**20** punches



**10** squats



**20** raised arm circles

## Day 7 | Cardio Workout

**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets

up to 2 minutes rest between rounds

tap the floor (once) between high knees



20 high knees

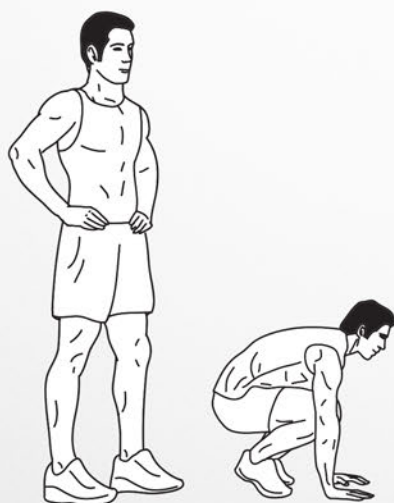
**floor tap**

20 high knees

**floor tap**

20 high knees

**floor tap**



20 high knees

**floor tap**

20 high knees

**floor tap**

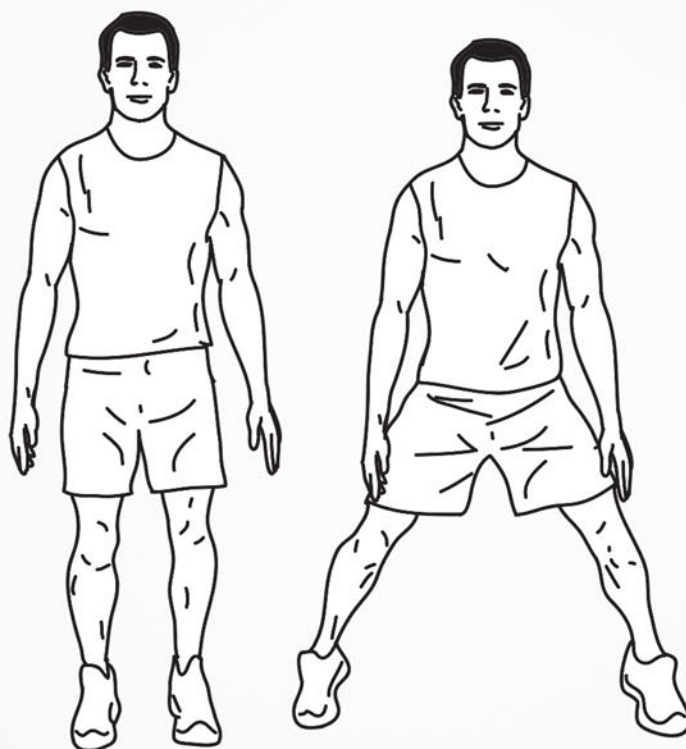
rest



## **Day 8** | Challenge

reps throughout the day

complete a total of 200 half jacks by the end of the day



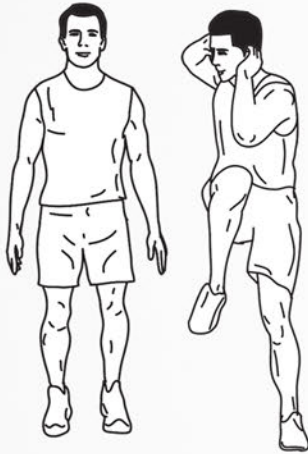
# 200 half jacks

## Day 9 | Bodyweight Workout

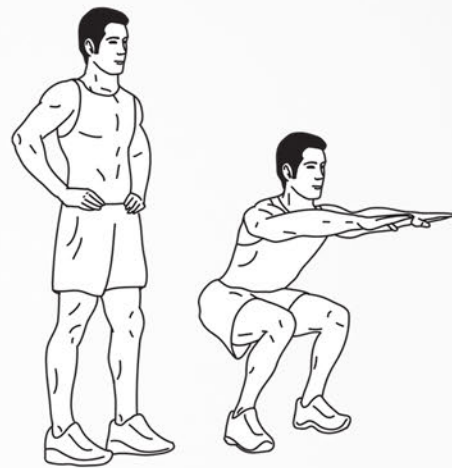
20 reps each exercise

LEVEL I: 6 sets LEVEL II: 8 sets LEVEL III: 10 sets

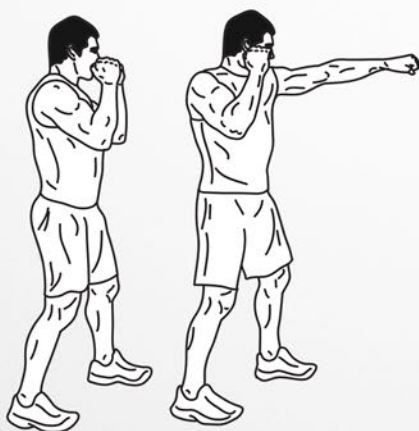
up to 2 minutes rest between rounds



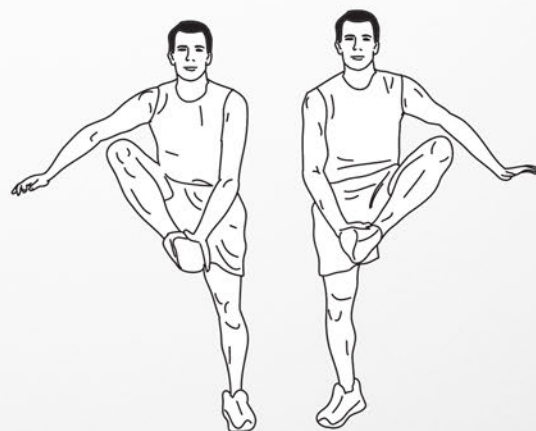
knee-to-elbow march



squats



punches



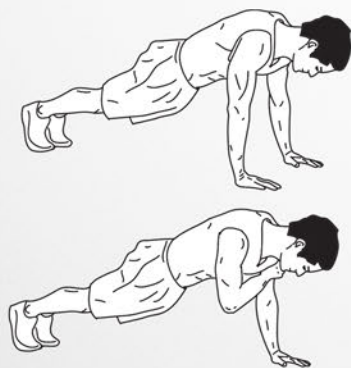
toe tap jumps

## Day 10 | Cardio Workout

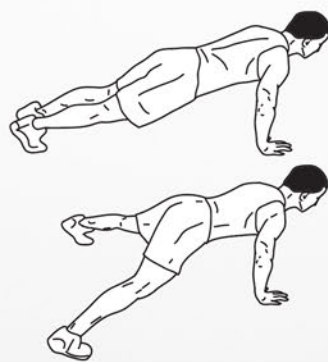
**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets  
up to 2 minutes rest between rounds



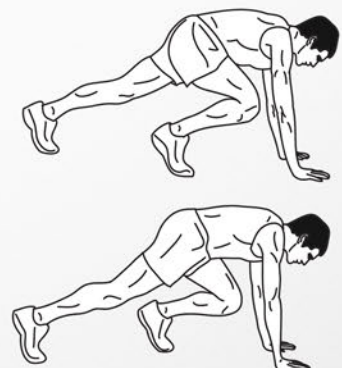
**40** high knees



**10** shoulder taps



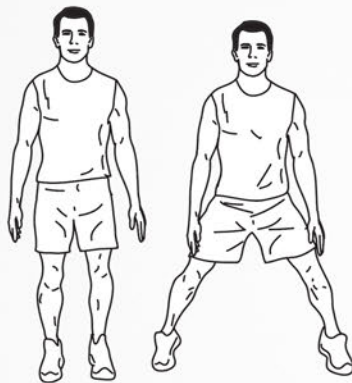
**10** plank jacks



**10** climbers

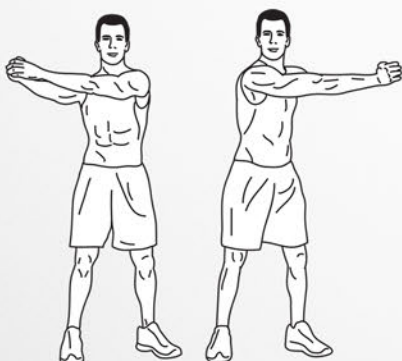
## Day 11 | Bodyweight Workout

**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets  
up to 2 minutes rest between rounds



**filler**

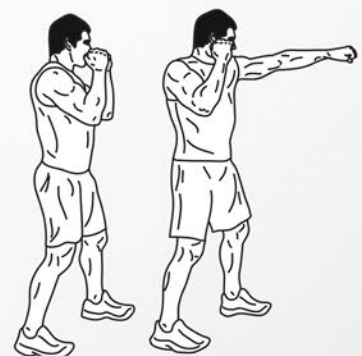
before and after each exercise:  
**10** half jacks



**10** side-to-side chops



**10** raised arm circles



**10** punches

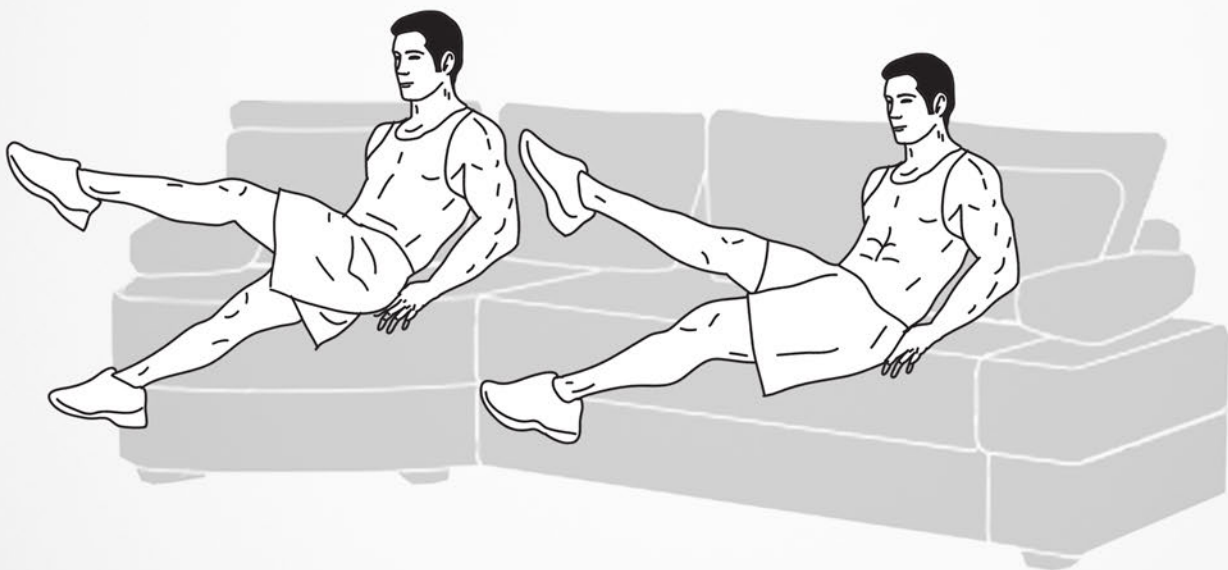


## **Day 12** | Sofa Day

reps throughout the day

complete a total of 100 flutter kicks by the end of the day

**make it harder:** do a minimum of 20 reps per set



# 100 flutter kicks

## Day 13 | Cardio Workout

**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets  
up to 2 minutes rest between rounds



30 high knees

4 climbers

30 high knees

4 climbers

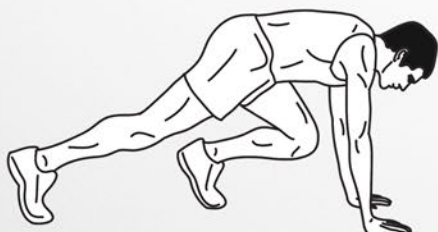
30 high knees

4 climbers



30 high knees

4 climbers



30 high knees

4 climbers

## Day 14 | Bodyweight Workout

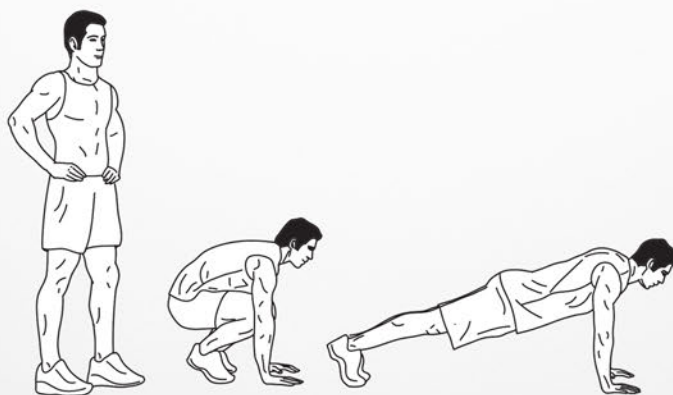
**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets  
up to 2 minutes rest between rounds



**20** jumping jacks

**20** sprinter lunges

**20** lunge step-ups



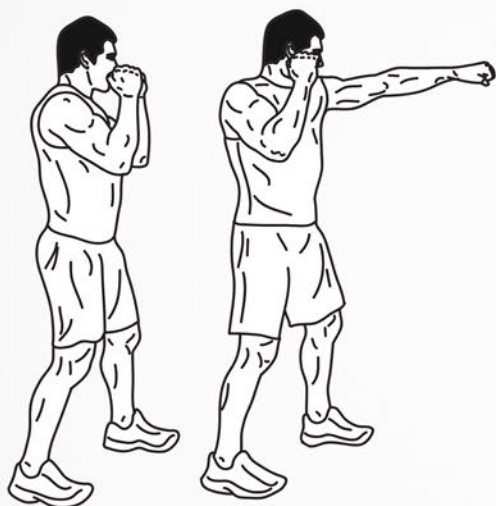
**10** basic burpees

## Day 15 | Cardio Workout

LEVEL I: 6 sets LEVEL II: 8 sets LEVEL III: 10 sets

up to 2 minutes rest between rounds

do a push-up (once) between punches



40 punches

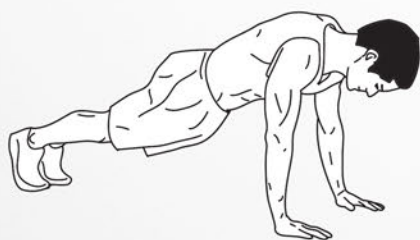
push-up

40 punches

push-up

40 punches

push-up



40 punches

push-up



40 punches

push-up

rest

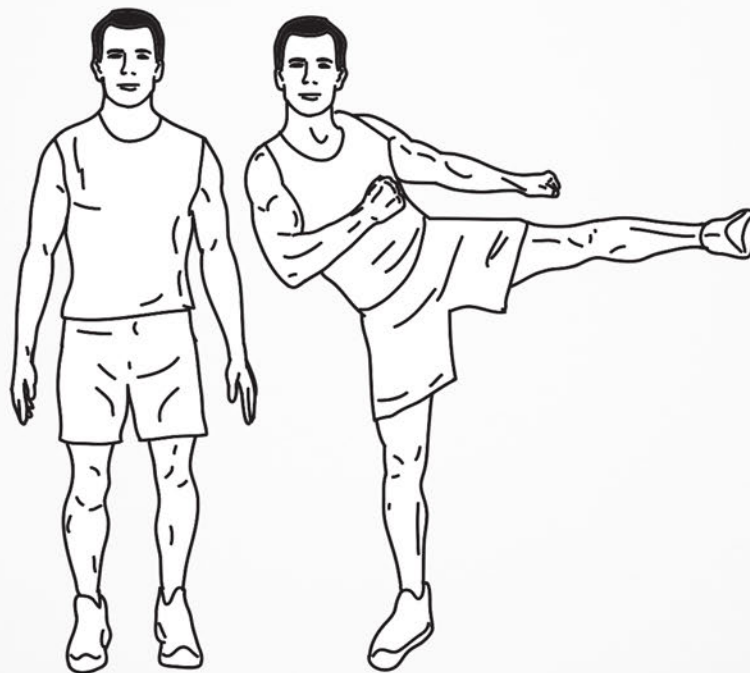


## **Day 16** | Challenge

reps throughout the day

complete a total of 200 side leg raises by the end of the day

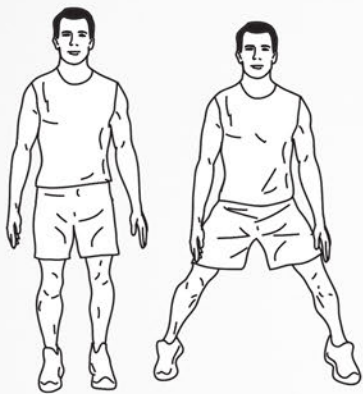
make it harder: do a minimum of 20 reps per set



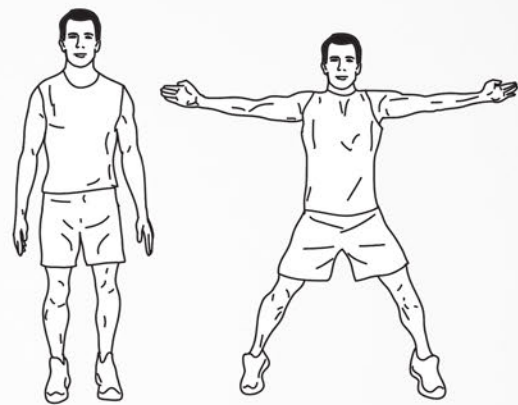
# 200 side leg raises

## Day 17 | Progression Workout

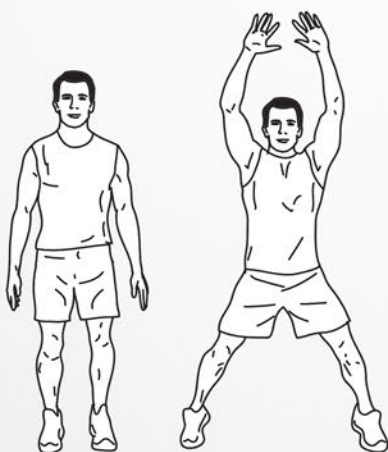
**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets  
up to 2 minutes rest between rounds



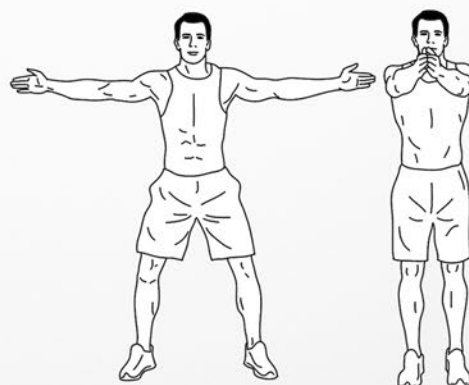
**30** half jacks



**20** jumping Ts



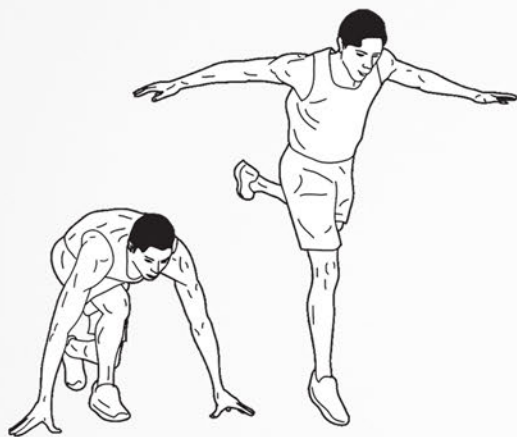
**10** jumping jacks



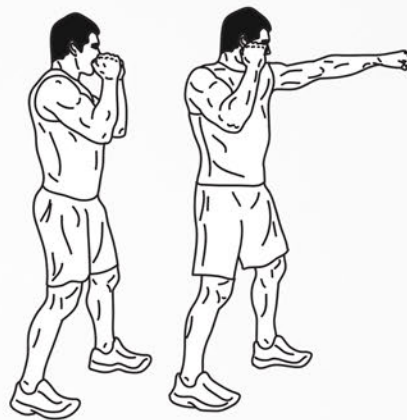
**5** seal jumps

## Day 18 | Bodyweight Workout

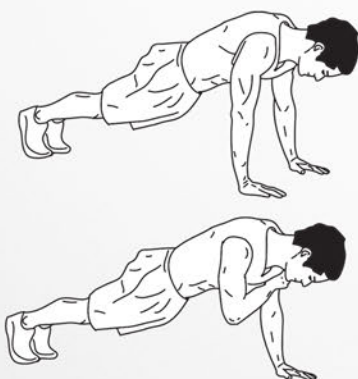
**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets  
up to 2 minutes rest between rounds



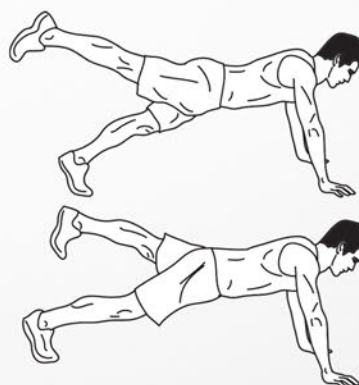
20 fly steps



10 punches



10 shoulder taps



10 plank leg raises

## Day 19 | Cardio Workout

**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets  
up to 2 minutes rest between rounds



40 high knees

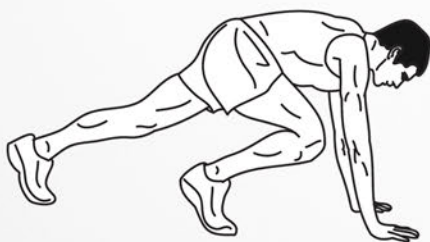
6 climbers

40 high knees

6 climbers

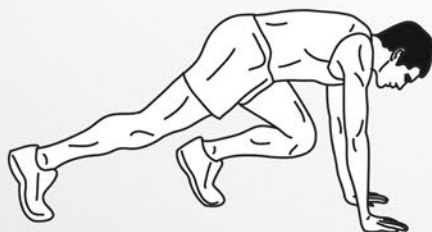
40 high knees

6 climbers



40 high knees

6 climbers



40 high knees

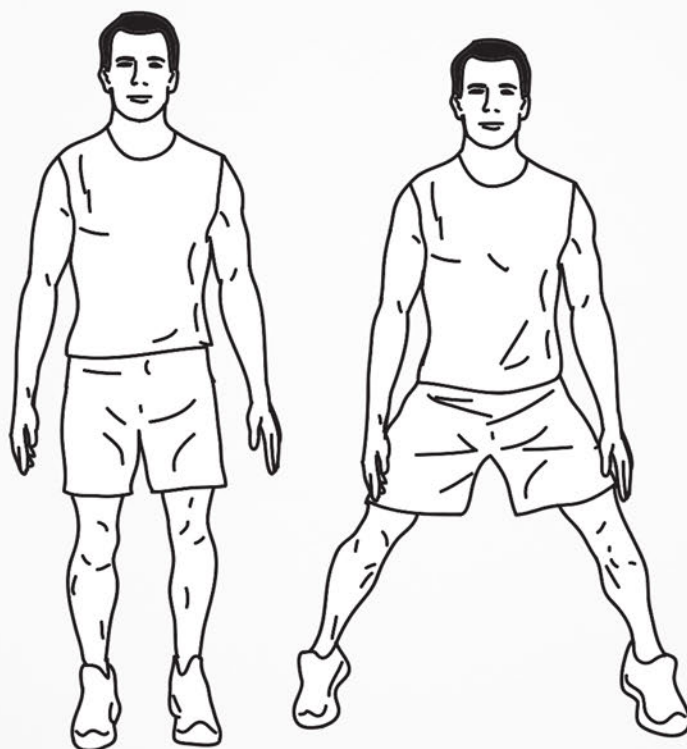
6 climbers



## **Day 20** | Challenge

reps throughout the day

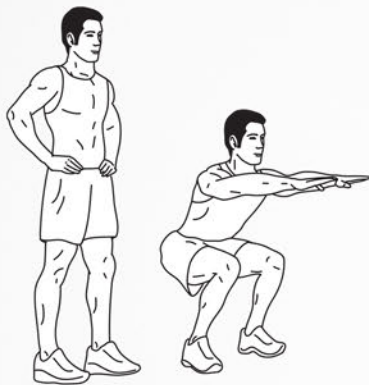
complete a total of 300 half jacks by the end of the day



# 300 half jacks

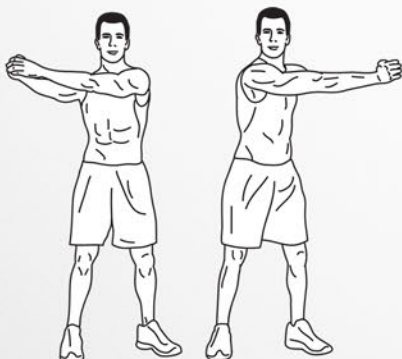
## Day 21 | Bodyweight Workout

**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets  
up to 2 minutes rest between rounds



**filler**

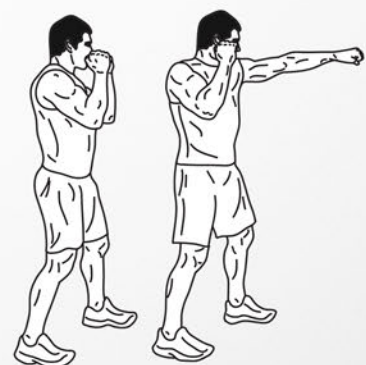
before and after each exercise:  
5 squats



**20** side-to-side chops



**20** raised arm circles



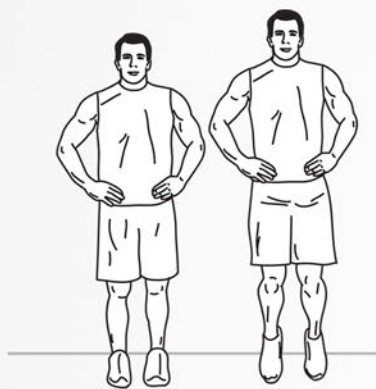
**20** punches

## Day 22 | Cardio Hop Workout

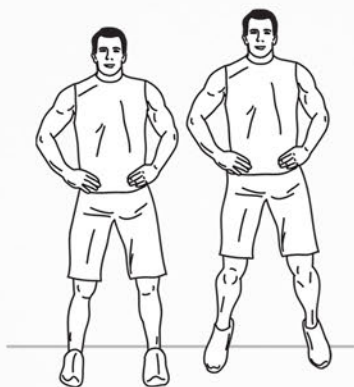
**20 reps** each exercise

**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets

up to 2 minutes rest between rounds



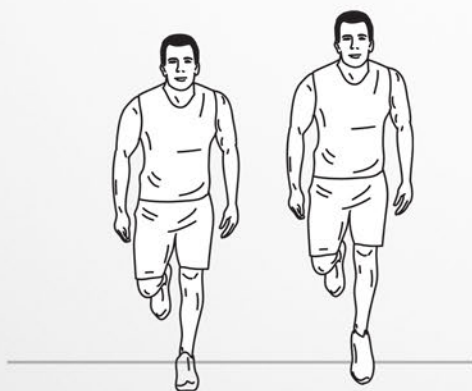
hop on the spot



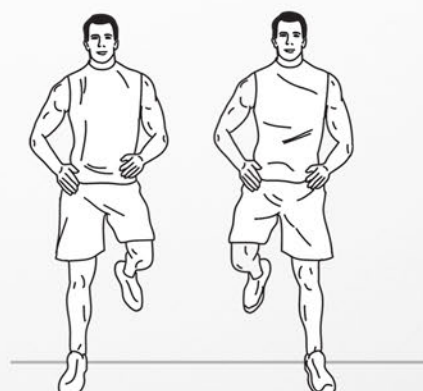
wide leg hops



half jacks



single leg hops



side-to-side hops

## Day 23 | Bodyweight Workout

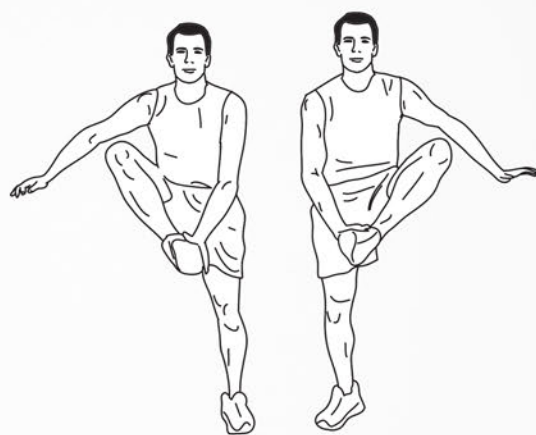
20 reps each exercise

LEVEL I: 6 sets LEVEL II: 8 sets LEVEL III: 10 sets

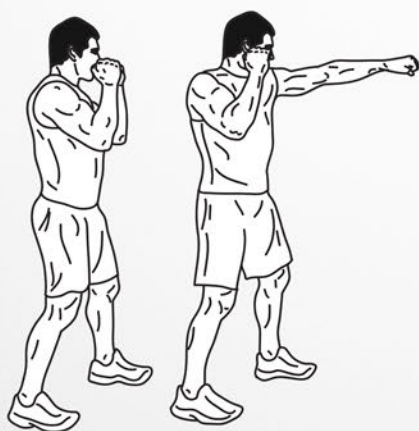
up to 2 minutes rest between rounds



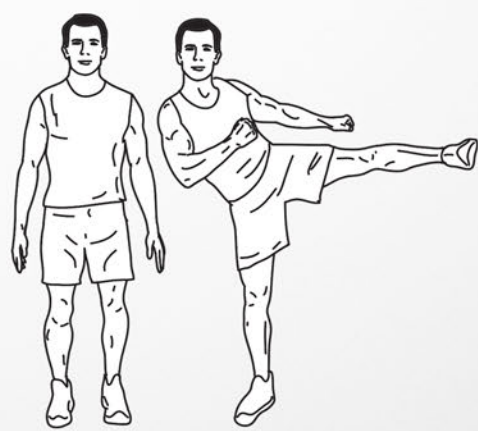
lunge step-ups



toe tap jumps



punches



side leg raises

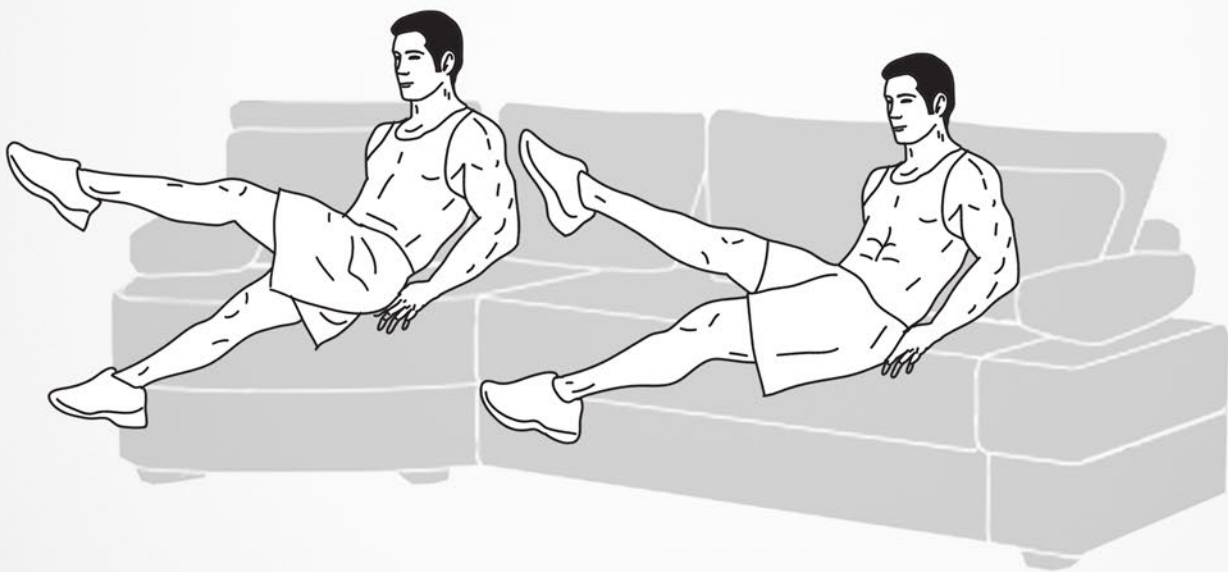


## **Day 24** | Sofa Day

reps throughout the day

complete a total of 200 flutter kicks by the end of the day

**make it harder:** do a minimum of 40 reps per set



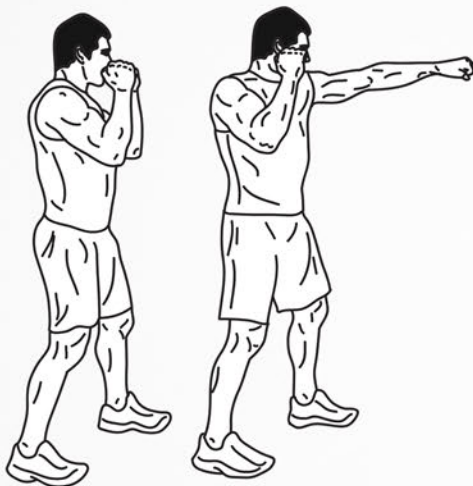
# 100 flutter kicks

## Day 25 | Cardio Workout

**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets

up to 2 minutes rest between rounds

do one push-up between punches | on Level III: do 2 push-ups



40 punches

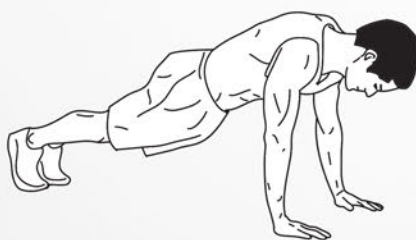
**push-up**

40 punches

**push-up**

40 punches

**push-up**



40 punches

**push-up**

40 punches

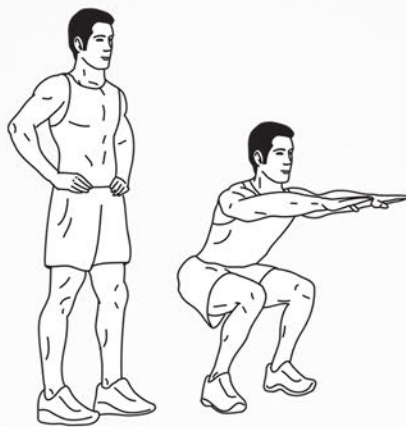
**push-up**



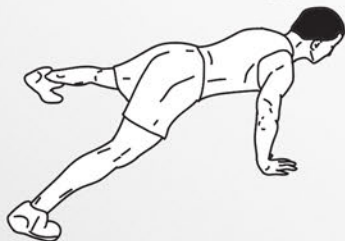
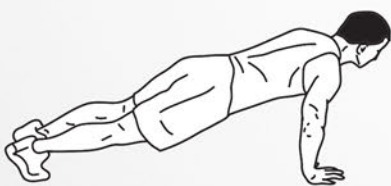
rest

## Day 26 | Bodyweight Workout

**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets  
up to 2 minutes rest between rounds



20 squats



10 plank jacks



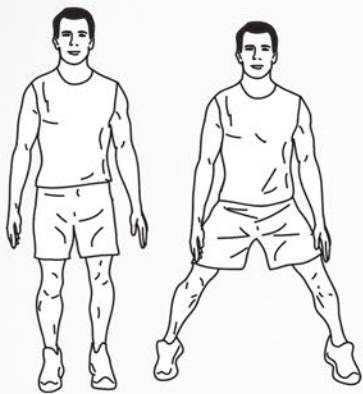
10 donkey kicks



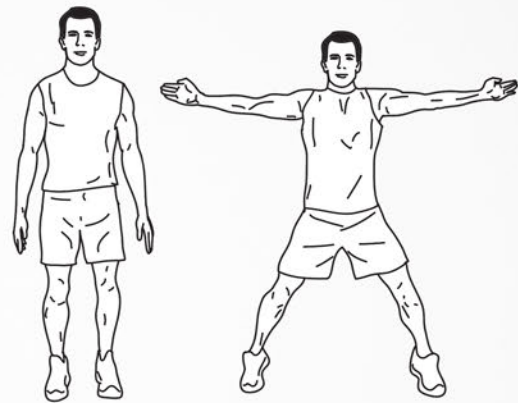
10 climbers

## Day 27 | Progression Workout

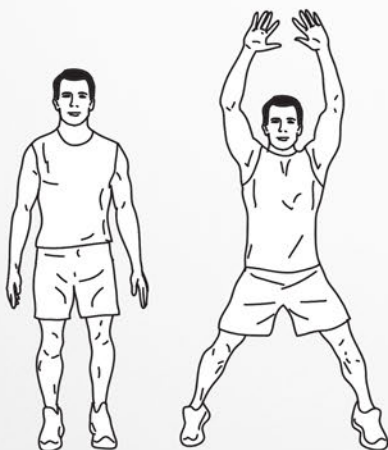
**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets  
up to 2 minutes rest between rounds



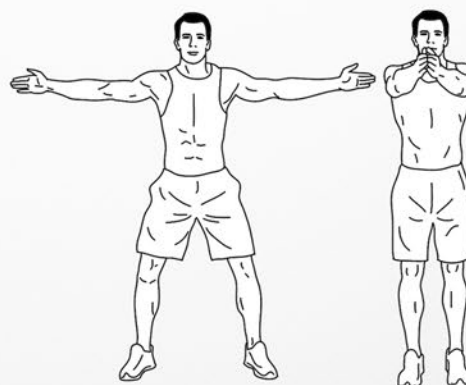
**40** half jacks



**30** jumping Ts



**20** jumping jacks



**10** seal jumps

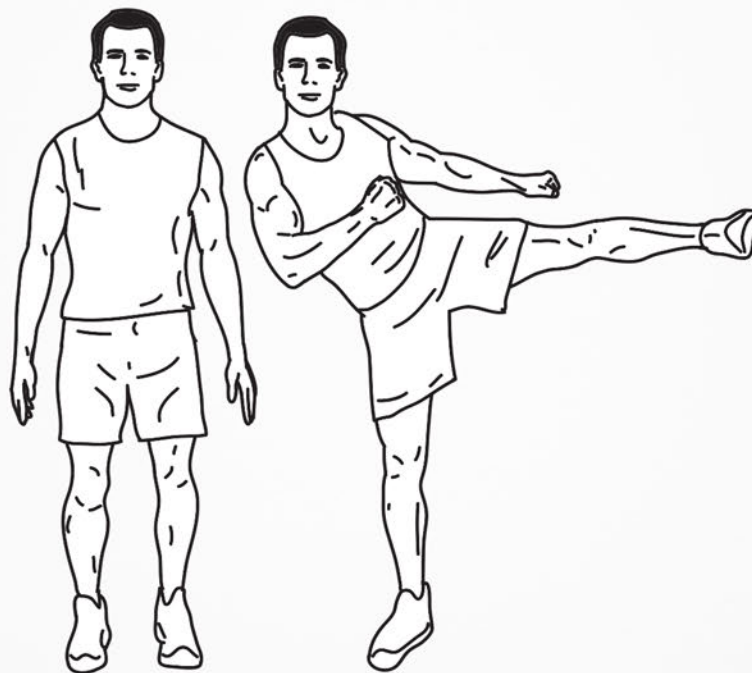


## **Day 28** | Challenge

reps throughout the day

complete a total of 300 side leg raises by the end of the day

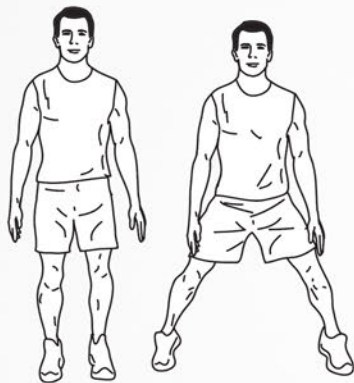
make it harder: do a minimum of 30 reps per set



# 300 side leg raises

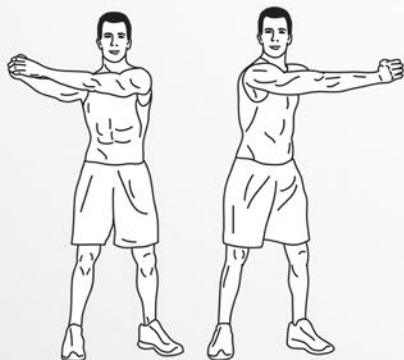
## Day 29 | Bodyweight Workout

**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets  
up to 2 minutes rest between rounds



**filler**

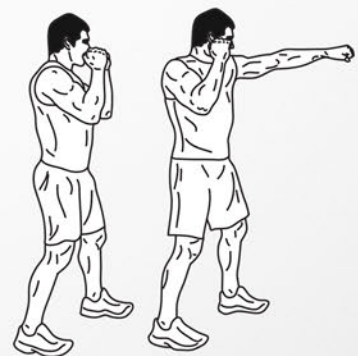
**before and after each exercise:**  
**20** half jacks



**20** side-to-side chops



**20** raised arm circles



**20** punches

## Day 30 | 180° Cardio Workout

**LEVEL I:** 6 sets **LEVEL II:** 8 sets **LEVEL III:** 10 sets

up to 2 minutes rest between rounds

tap the floor (once) between high knees



40 high knees

**floor tap**

40 high knees

**floor tap**

40 high knees

**floor tap**



40 high knees

**floor tap**



40 high knees

**floor tap**

rest



**reverse / change direction:** after every floor tap hop up and reverse at 180° facing the other way

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and help to keep this project up

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