



WHEN YOU CAN'T GO RUN... JUST GO.

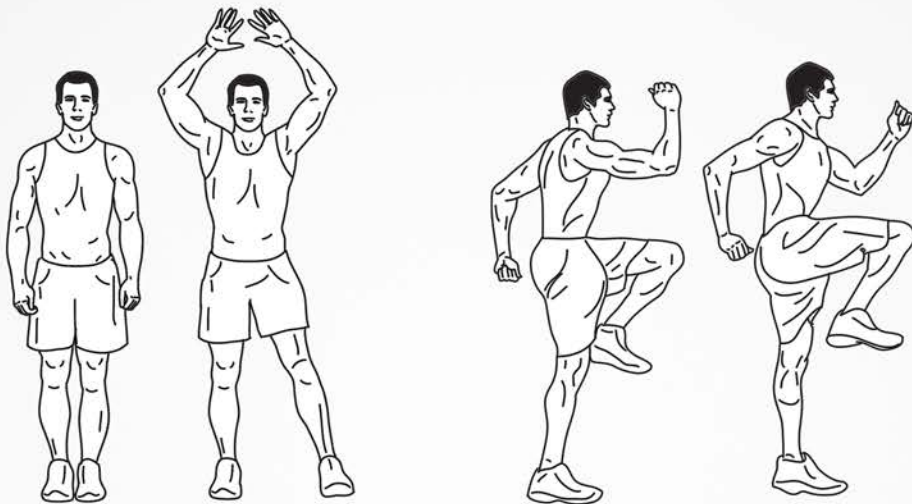
CARDIO

GO!

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

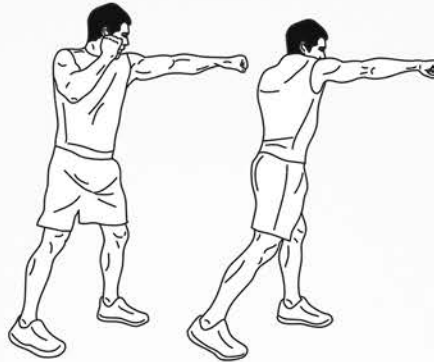
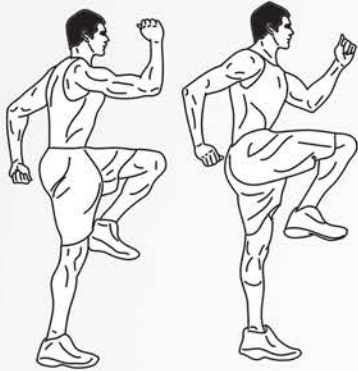
60sec rest (optional)

CARDIO **GO!**

Day 2

7 sets in total

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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)

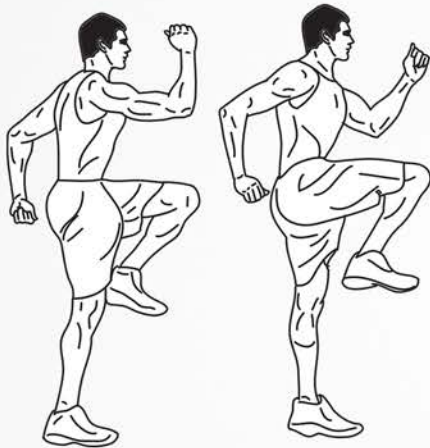
CARDIO



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)



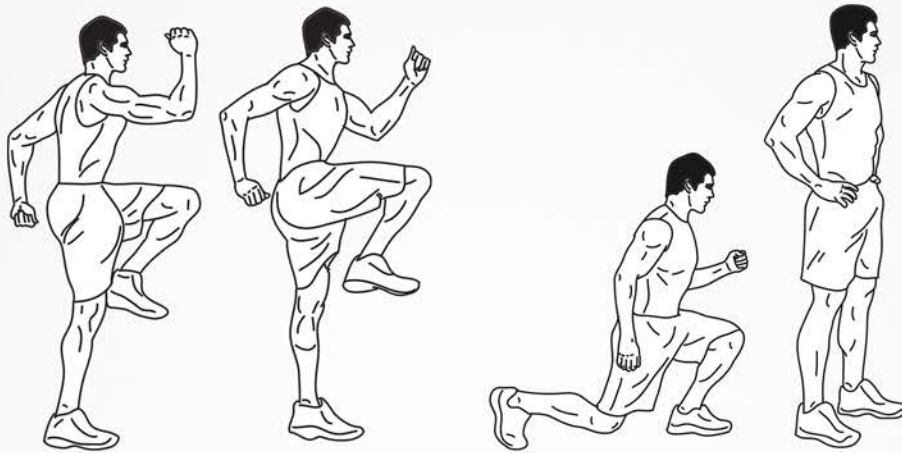
CARDIO



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

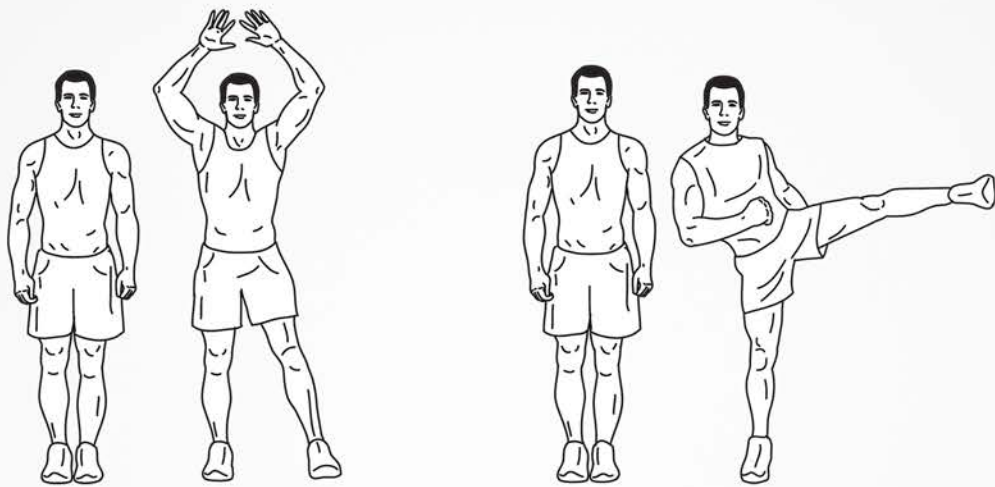
60sec rest (optional)

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)

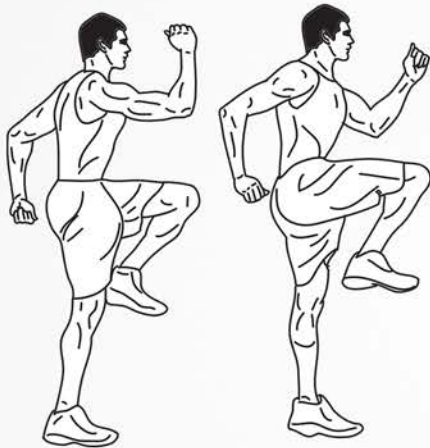
CARDIO



Day 6

7 sets in total

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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)



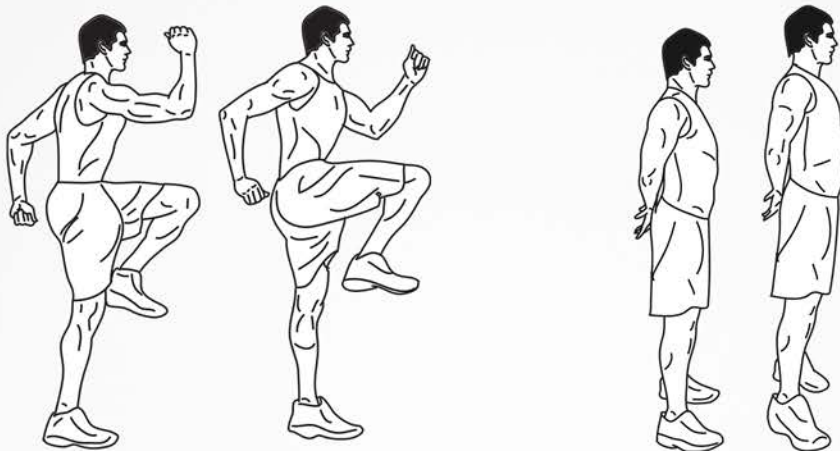
CARDIO



Day 7

7 sets in total

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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)

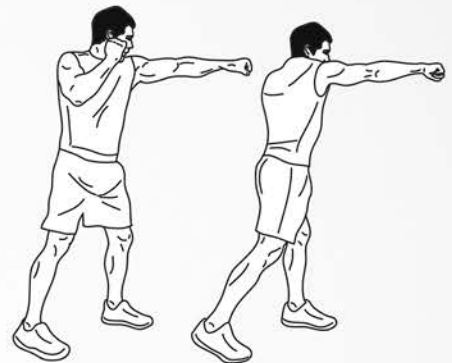
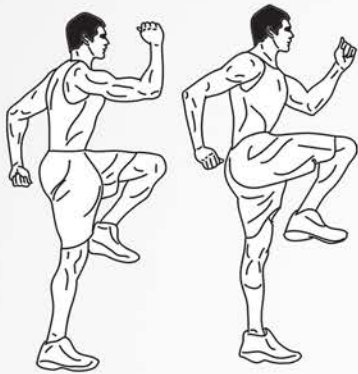
CARDIO



Day 8

7 sets in total

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60sec march steps

10sec high knees (sprint!)

10sec punches

60sec march steps

10sec high knees (sprint!)

10sec punches

60sec march steps

10sec high knees (sprint!)

10sec punches

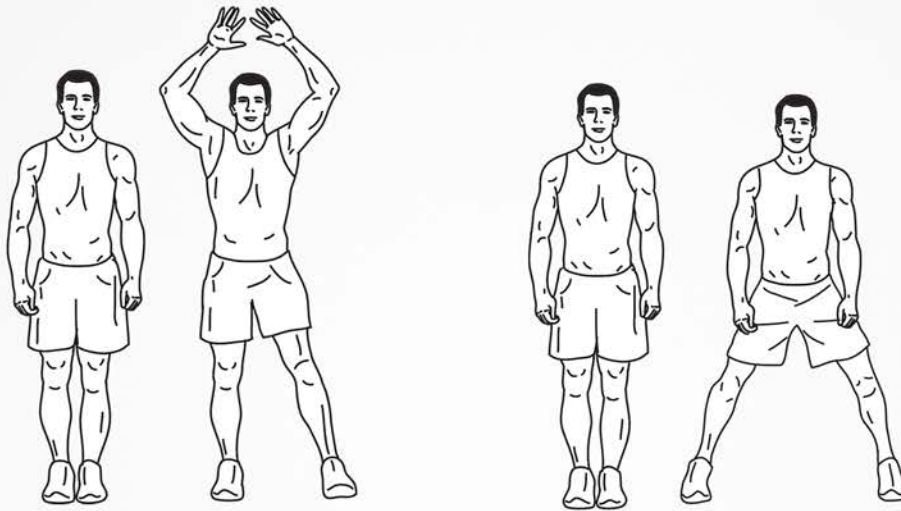
60sec rest (optional)

CARDIO **GO!**

Day 9

7 sets in total

© darebee.com



60sec step jacks

10sec half jacks

60sec step jacks

10sec half jacks

60sec step jacks

10sec half jacks

60sec step jacks

60sec rest (optional)

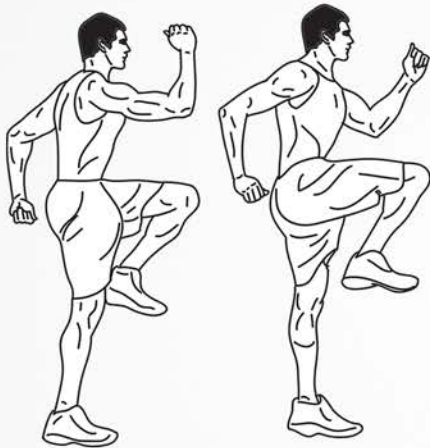
CARDIO



Day 10

7 sets in total

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50sec march steps

10sec march twists

50sec march steps

10sec march twists

50sec march steps

10sec march twists

50sec march steps

10sec march twists

50sec march steps

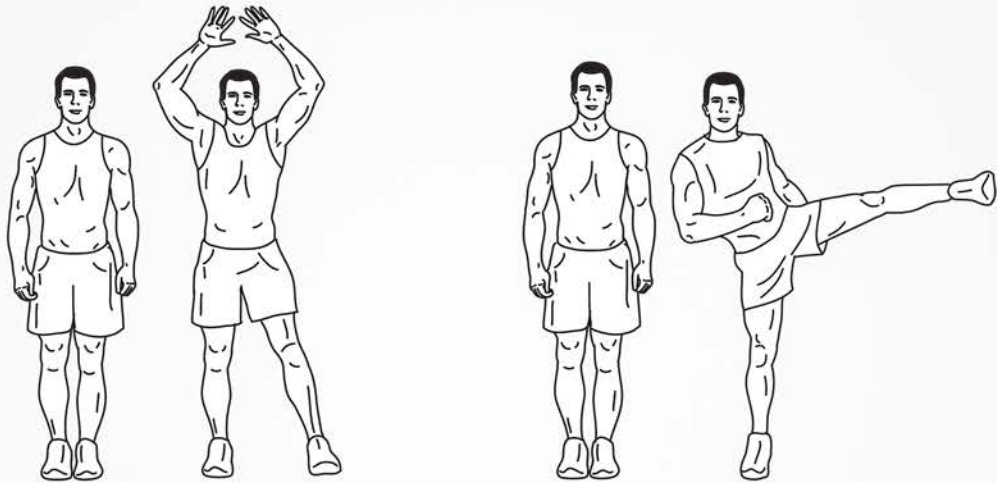
10sec march twists

60sec rest (optional)



CARDIO **GO!**

Day 11 7 sets in total © darebee.com



60sec step jacks

30sec side leg raises

60sec step jacks

30sec side leg raises

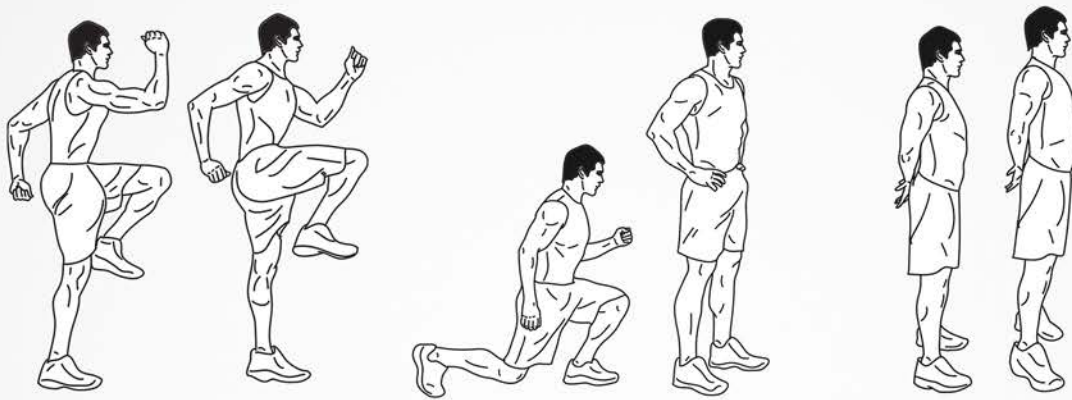
60sec step jacks

30sec side leg raises

60sec rest (optional)

CARDIO **GO!**

Day 12 7 sets in total © darebee.com



60sec march steps

10sec reverse lunges

10sec calf raises

60sec march steps

10sec reverse lunges

10sec calf raises

60sec march steps

10sec reverse lunges

10sec calf raises

60sec rest (optional)

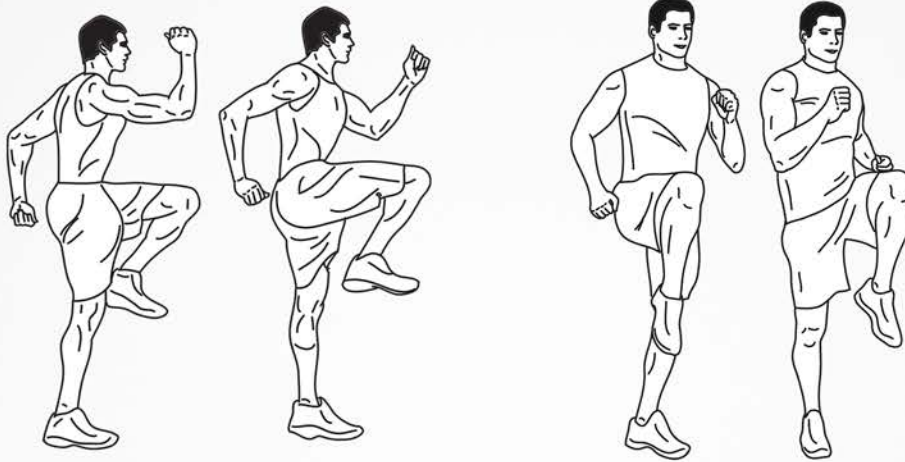
CARDIO



Day 13

7 sets in total

© darebee.com



60sec march steps

15sec high knees (sprint!)

60sec march steps

15sec high knees (sprint!)

60sec march steps

15sec high knees (sprint!)

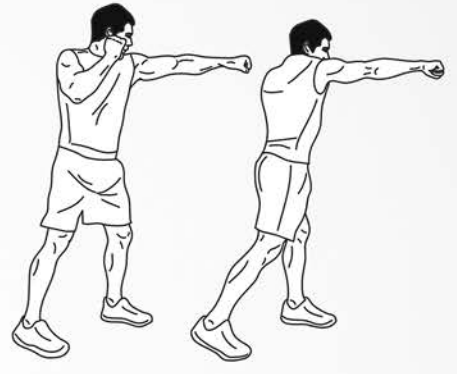
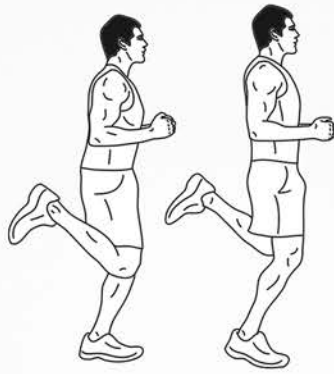
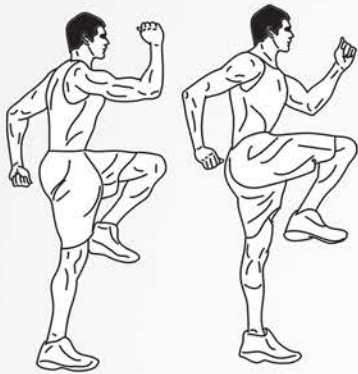
60sec march steps

15sec high knees (sprint!)

60sec rest (optional)

CARDIO **GO!**

Day 14 7 sets in total © darebee.com



60sec march steps

10sec butt kicks

20sec punches

60sec march steps

10sec butt kicks

20sec punches

60sec march steps

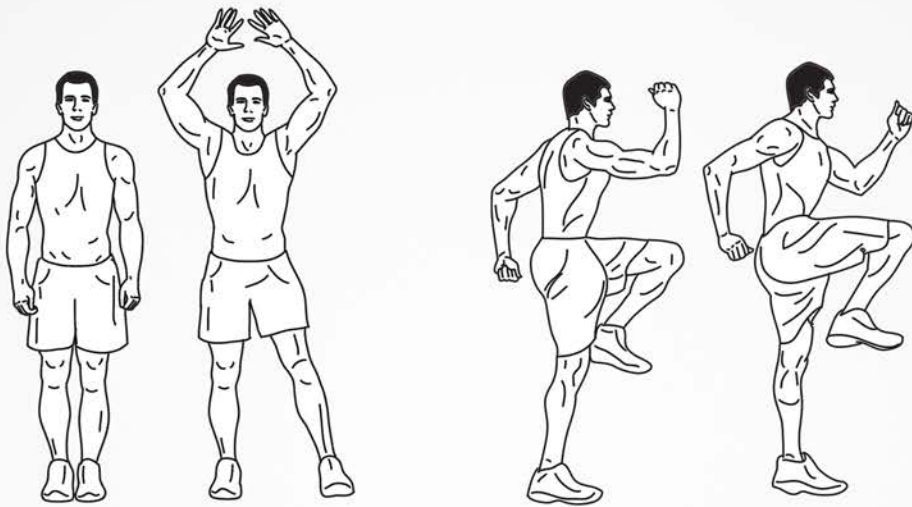
10sec butt kicks

20sec punches

60sec rest (optional)

CARDIO **GO!**

Day 15 7 sets in total © darebee.com



40sec step jacks

20sec march steps

40sec step jacks

20sec march steps

40sec step jacks

20sec march steps

40sec step jacks

20sec march steps

60sec rest (optional)

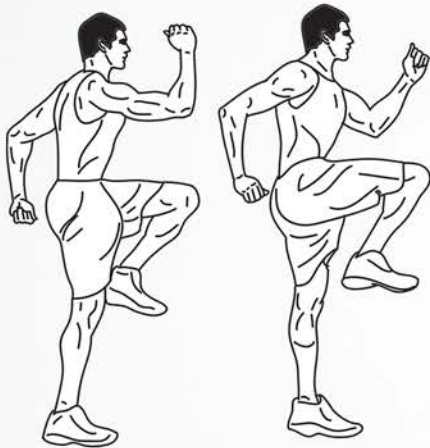
CARDIO



Day 16

7 sets in total

© darebee.com



60sec march steps

15sec march twists

60sec march steps

15sec march twists

60sec march steps

15sec march twists



60sec march steps

15sec march twists

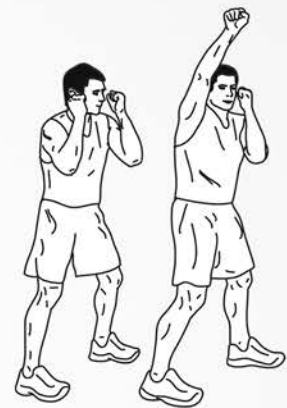
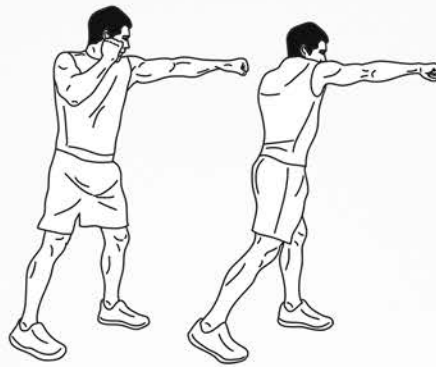
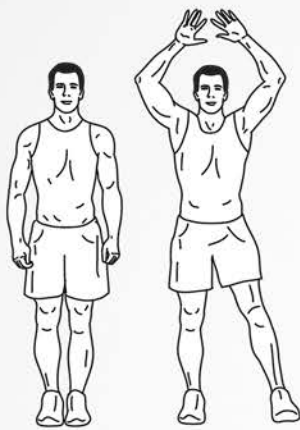
60sec rest (optional)

CARDIO **GO!**

Day 17

7 sets in total

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60sec step jacks

20sec punches

10sec overhead punches

60sec step jacks

20sec punches

10sec overhead punches

60sec step jacks

20sec punches

10sec overhead punches

60sec rest (optional)

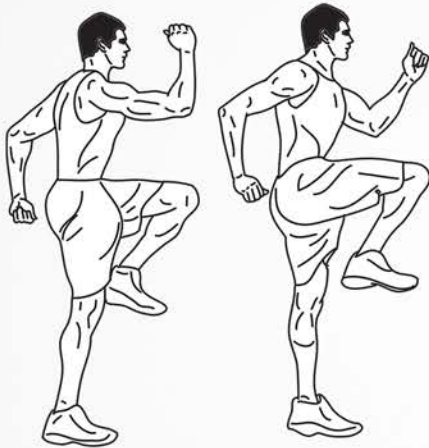
CARDIO



Day 18

7 sets in total

© darebee.com



50sec march steps

10sec calf raises

50sec march steps

10sec calf raises

50sec march steps

10sec calf raises

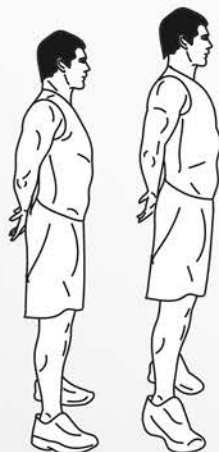
50sec march steps

10sec calf raises

50sec march steps

10sec calf raises

60sec rest (optional)

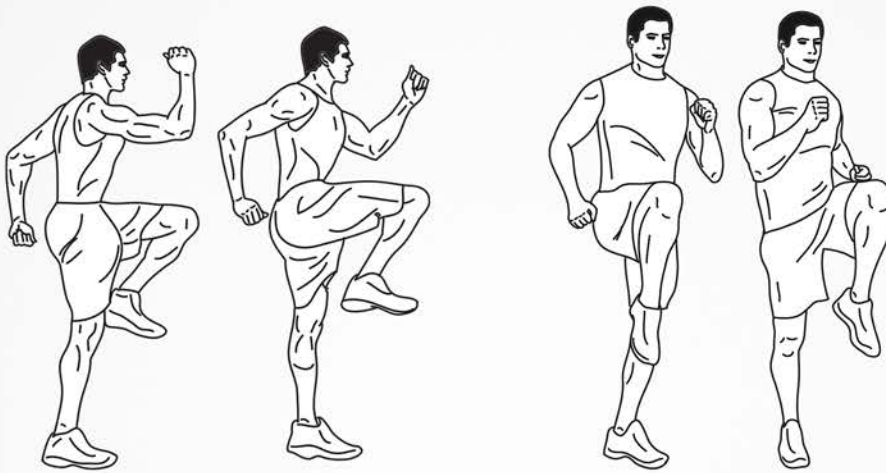


CARDIO **GO!**

Day 19

7 sets in total

© darebee.com



60sec march steps

15sec high knees (sprint!)

60sec march steps

15sec high knees (sprint!)

60sec march steps

15sec high knees (sprint!)

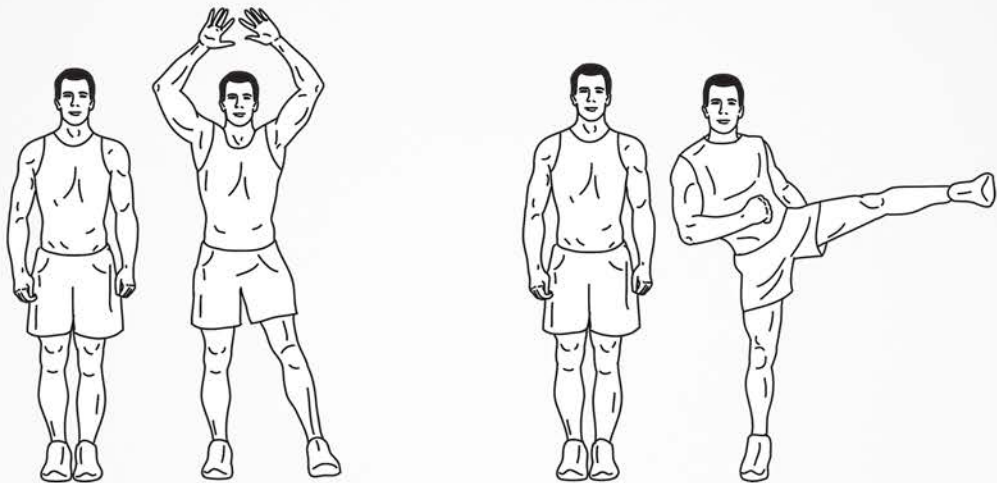
60sec march steps

15sec high knees (sprint!)

60sec rest (optional)

CARDIO **GO!**

Day 20 7 sets in total © darebee.com



60sec step jacks

60sec side leg raises

60sec step jacks

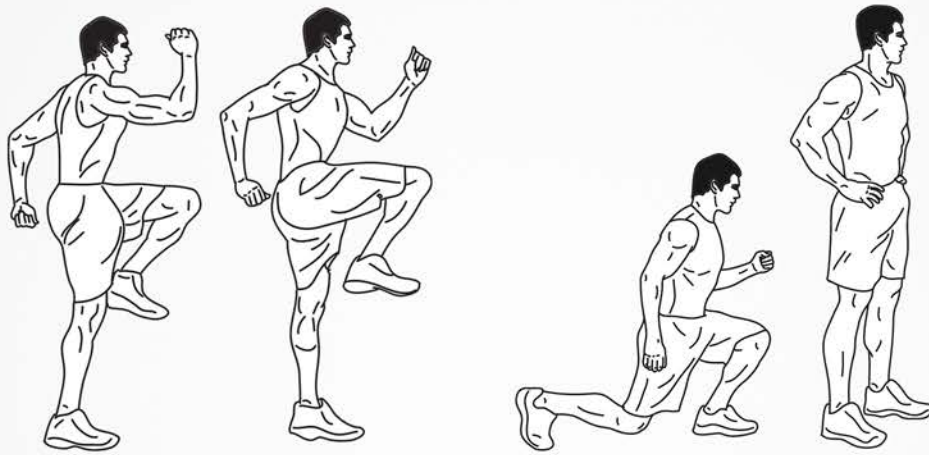
60sec side leg raises

60sec step jacks

60sec rest (optional)

CARDIO **GO!**

Day 21 7 sets in total © darebee.com



60sec march steps

20sec reverse lunges

60sec march steps

20sec reverse lunges

60sec march steps

20sec reverse lunges

60sec march steps

60sec rest (optional)

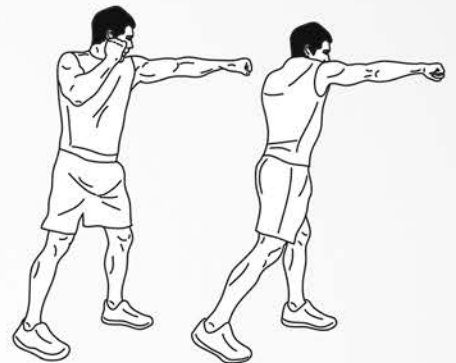
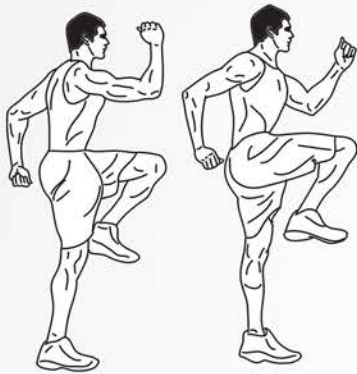
CARDIO



Day 22

7 sets in total

© darebee.com



60sec march steps

10sec high knees (sprint!)

30sec punches

60sec march steps

10sec high knees (sprint!)

30sec punches

60sec march steps

10sec high knees (sprint!)

30sec punches

60sec rest (optional)

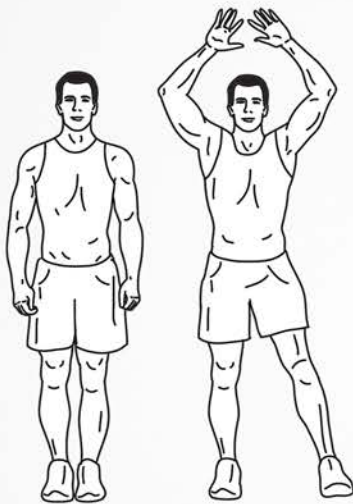
CARDIO



Day 23

7 sets in total

© darebee.com



50sec step jacks

10sec march twists

50sec step jacks

10sec march twists

50sec step jacks

10sec march twists

50sec step jacks

10sec march twists

50sec step jacks

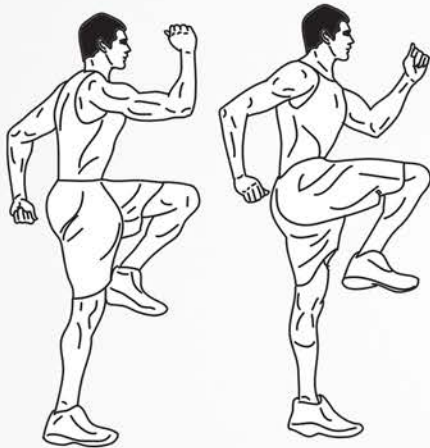
10sec march twists

60sec rest (optional)



CARDIO **GO!**

Day 24 7 sets in total © darebee.com



60sec march steps

15sec butt kicks

60sec march steps

15sec butt kicks

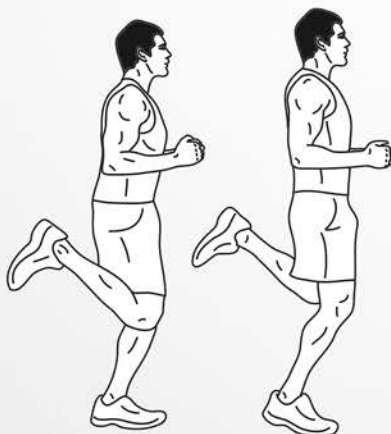
60sec march steps

15sec butt kicks

60sec march steps

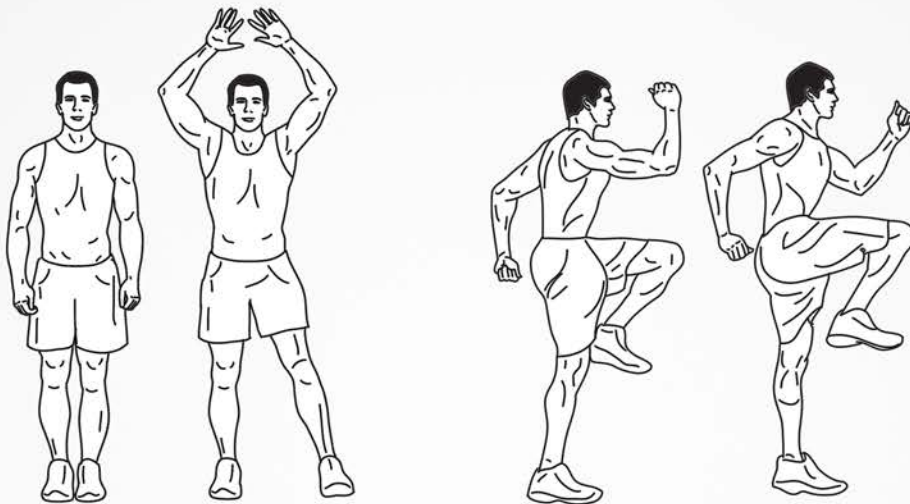
15sec butt kicks

60sec rest (optional)



CARDIO **GO!**

Day 25 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

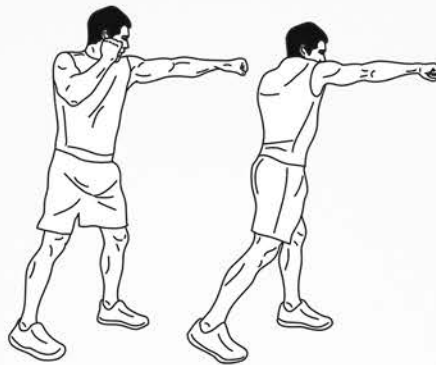
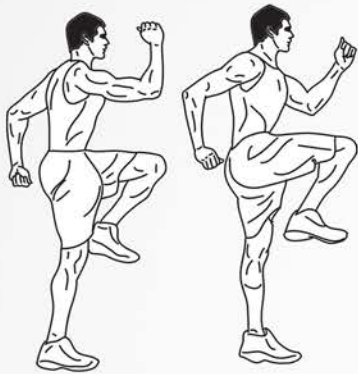
60sec rest (optional)

CARDIO **GO!**

Day 26

7 sets in total

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60sec march steps

15sec punches

15sec overhead punches

60sec march steps

15sec punches

15sec overhead punches

60sec march steps

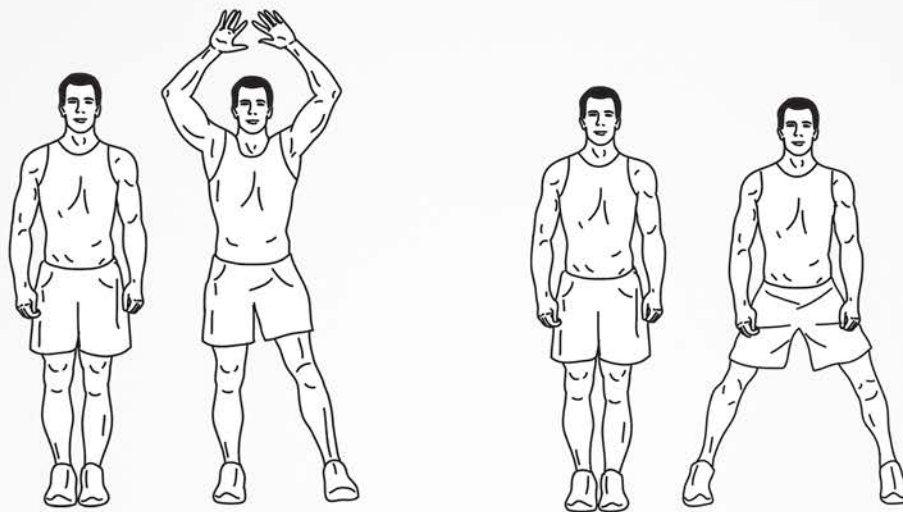
15sec punches

15sec overhead punches

60sec rest (optional)

CARDIO **GO!**

Day 27 7 sets in total © darebee.com



60sec step jacks

15sec half jacks

60sec step jacks

15sec half jacks

60sec step jacks

15sec half jacks

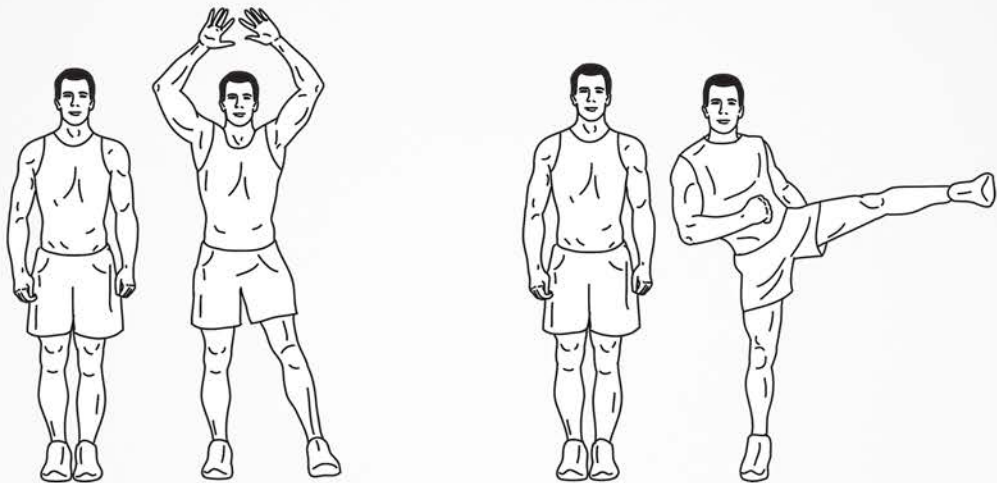
60sec step jacks

15sec half jacks

60sec rest (optional)

CARDIO **GO!**

Day 28 7 sets in total © darebee.com



60sec step jacks

60sec side leg raises

60sec step jacks

60sec side leg raises

60sec step jacks

60sec side leg raises

60sec rest (optional)

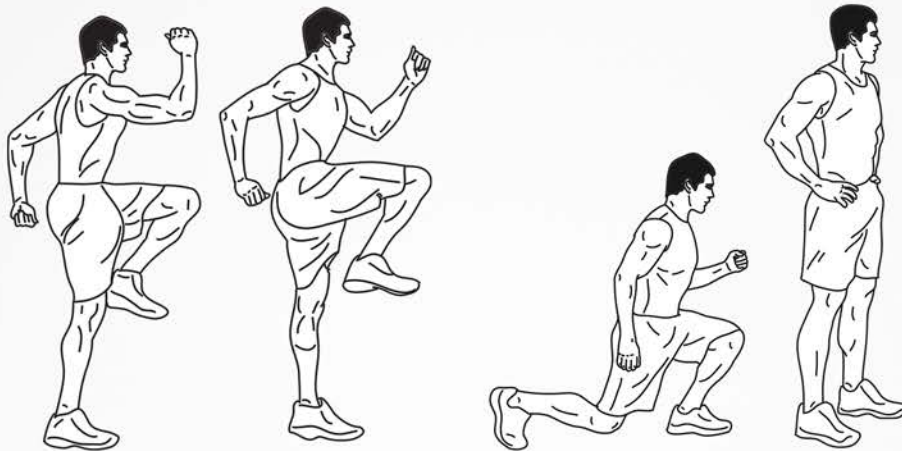
CARDIO



Day 29

7 sets in total

© darebee.com



60sec march steps

20sec reverse lunges

60sec march steps

20sec reverse lunges

60sec march steps

20sec reverse lunges

60sec march steps

20sec reverse lunges

60sec rest (optional)

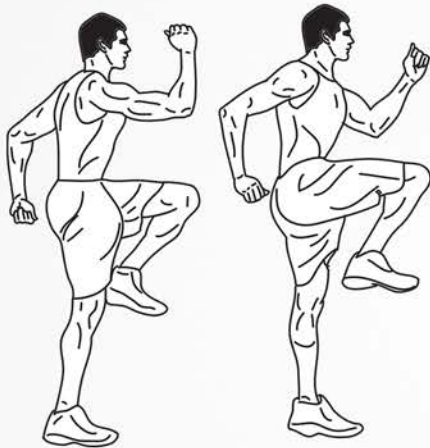
CARDIO



Day 30

7 sets in total

© darebee.com



45sec march steps

15sec high knees (sprint!)

45sec march steps

15sec high knees (sprint!)

45sec march steps

15sec high knees (sprint!)

45sec march steps

15sec high knees (sprint!)

45sec march steps

15sec high knees (sprint!)

45sec march steps

15sec high knees (sprint!)

60sec rest (optional)



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