



**CARDIO**

— — — — —  
TRIM

# CARDIO TRIM

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Day 1

UNLOCK



complete bonus go



1 minute rest between sets



1 extra set of the circuit

## Part I Power Run

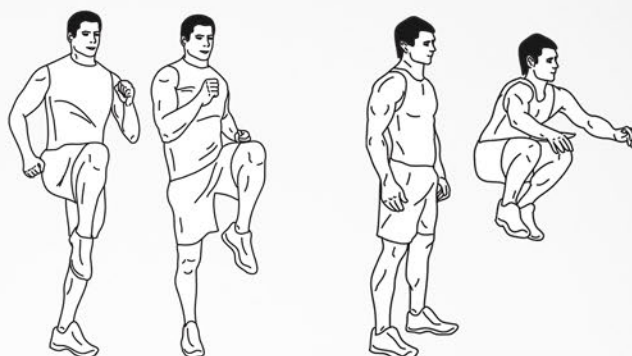
30 high knees

1 jump knee-tuck

repeat 6 times, non-stop

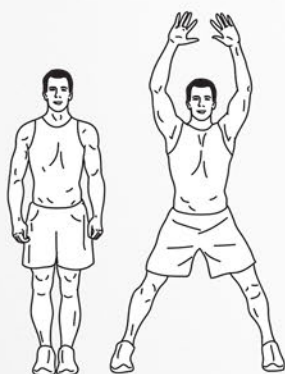
Bonus Go (right after)

60 high knees non-stop

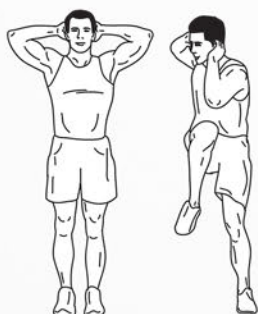


## Part II Circuit

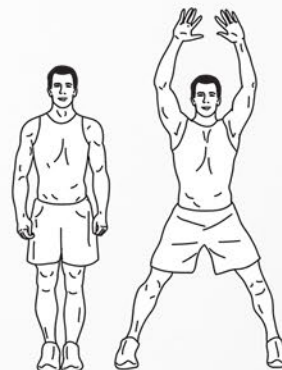
Level I 3 sets Level II 5 sets Level III 7 sets  
2 minutes rest between sets



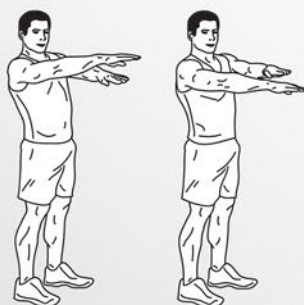
20 jumping jacks



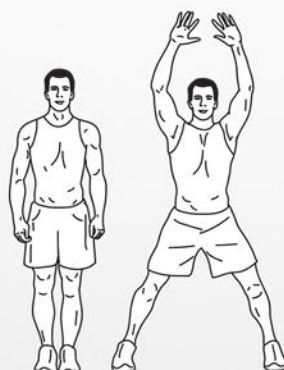
20 knee-to-elbows



20 jumping jacks



20 arm scissors



20 jumping jacks



20 raised arm circles

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Day 2

UNLOCK



1 extra set of circuit prime



complete bonus go



≥ 20 push-ups each set

## Part I Circuit Prime

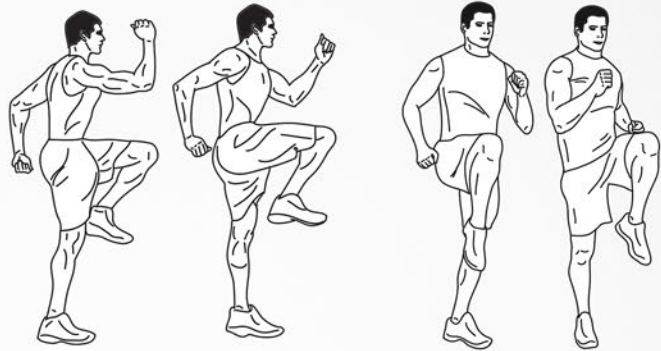
40 march steps

20 high knees

5 sets, non-stop

Bonus go, right after:

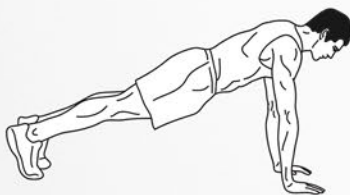
60 high knees non-stop



## Part II Upper Body

Level I 3 sets Level II 4 sets Level III 5 sets

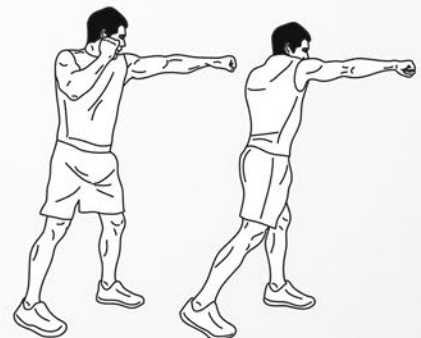
2 minutes rest between sets



to failure push-ups



10-count push-up plank



40 punches



20-count elbow plank



20-count raised leg plank



20-count side plank

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Day 3

UNLOCK



1 extra set of the hopper



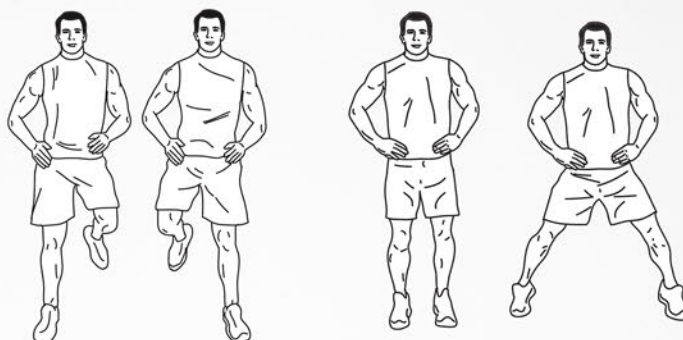
1 minute rest between sets



1 extra set of ab routine

## Part I Hopper

30 hop side-to-side  
30 half jacks  
6 sets, non-stop

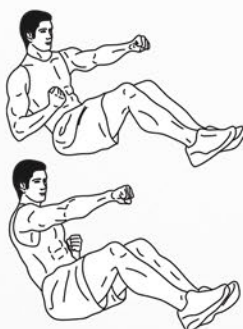


## Part II Abs

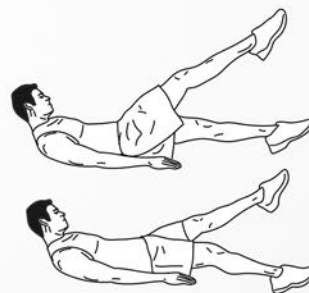
Level I 3 sets Level II 4 sets Level III 5 sets  
2 minutes rest between sets



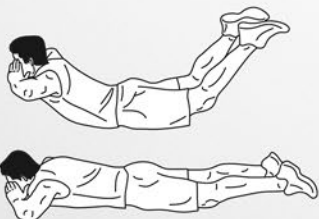
20 sit-up punches



20 sitting punches



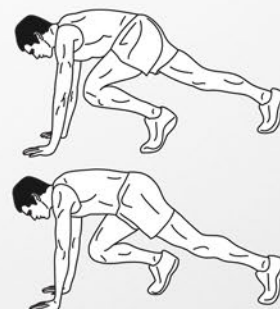
20 flutter kicks



10 back extensions



10 back stretches



10 climbers

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Day 4

UNLOCK



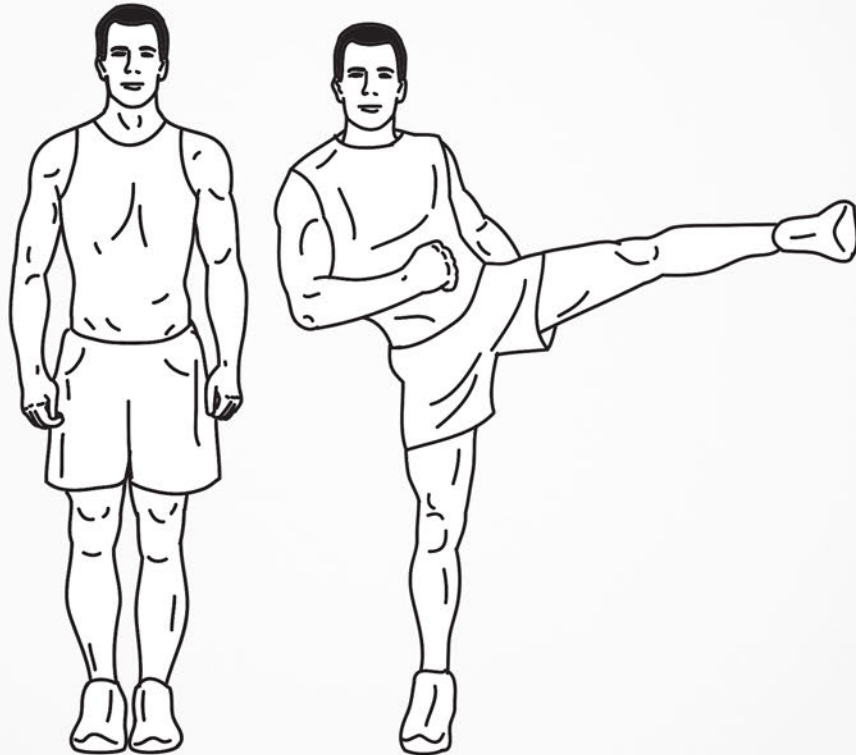
in one workout



in one go (no breaks)



in one go, one side at a time



## 100 side leg raises

split into manageable sets  
throughout the day

# CARDIO TRIM

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Day 5

UNLOCK



1 minute rest between sets



1 extra set of the circuit



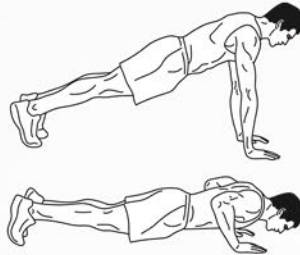
double all high knees

## Circuit

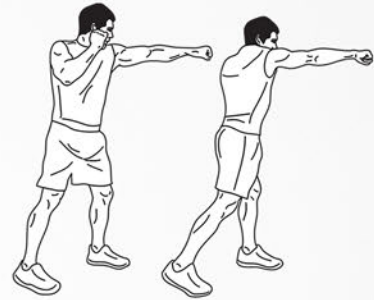
Level I 3 sets Level II 5 sets Level III 7 sets  
2 minutes rest between sets



20 high knees



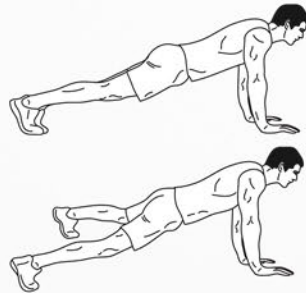
10 push-ups



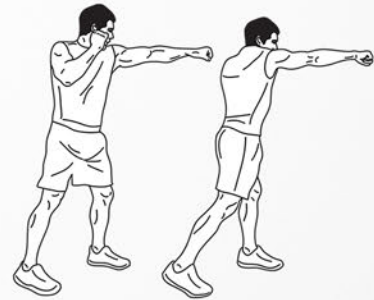
20 punches



20 high knees



10 plank jacks



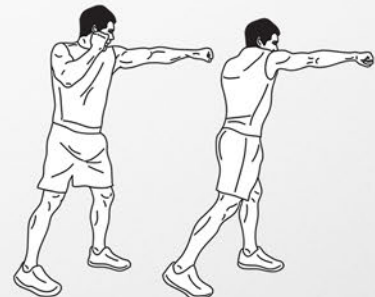
20 punches



20 high knees



10 plank rotations



20 punches

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Day 6

UNLOCK



I & II in one workout



complete bonus go



double push-ups

## Part I Circuit Prime

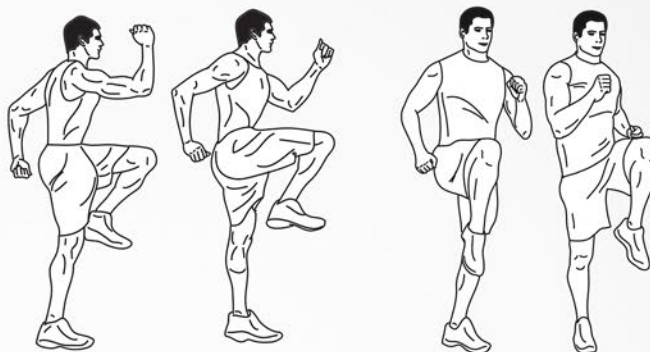
30 march steps

30 high knees

**8 sets**, non-stop

Bonus go, right after:

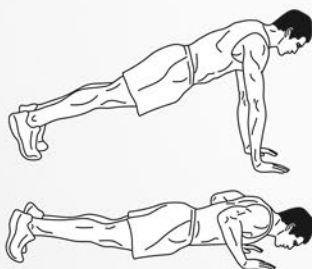
60 high knees non-stop



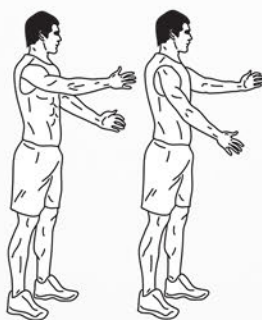
## Part II Upper Body

Level I 3 sets Level II 4 sets Level III 5 sets

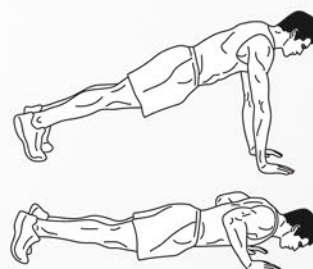
2 minutes rest between sets



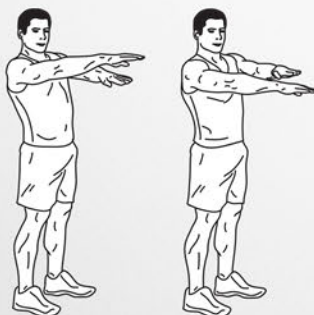
5 push-ups



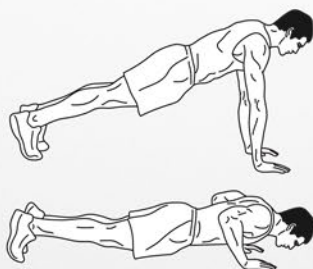
40 scissor chops



5 push-ups



40 arm scissors



5 push-ups



40 raised arm circles

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Day 7

UNLOCK



1 extra set of the hopper



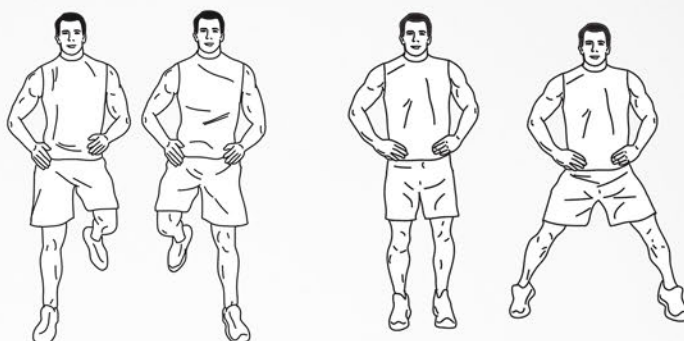
1 minute rest between sets



1 extra set of ab routine

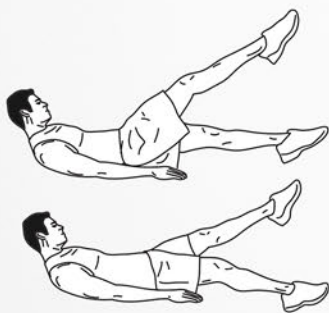
## Part I Hopper

30 hop side-to-side  
30 half jacks  
8 sets, non-stop

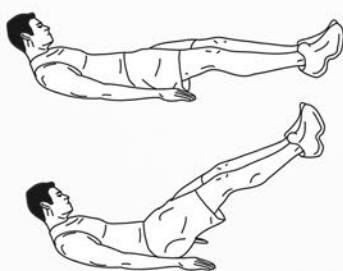


## Part II Abs

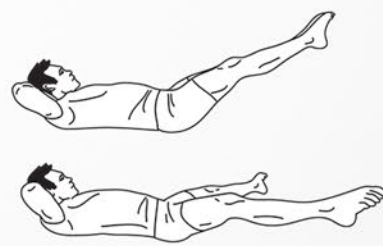
Level I 3 sets Level II 4 sets Level III 5 sets  
2 minutes rest between sets



20 flutter kicks



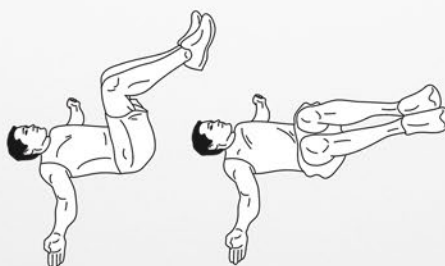
20 leg raises



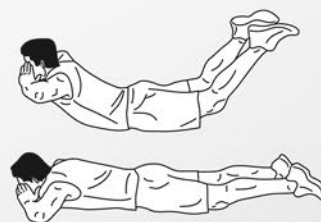
20 modified scissors



10 raised leg hold



10 half wipers



10 back extensions



# CARDIO TRIM

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Day 8

UNLOCK



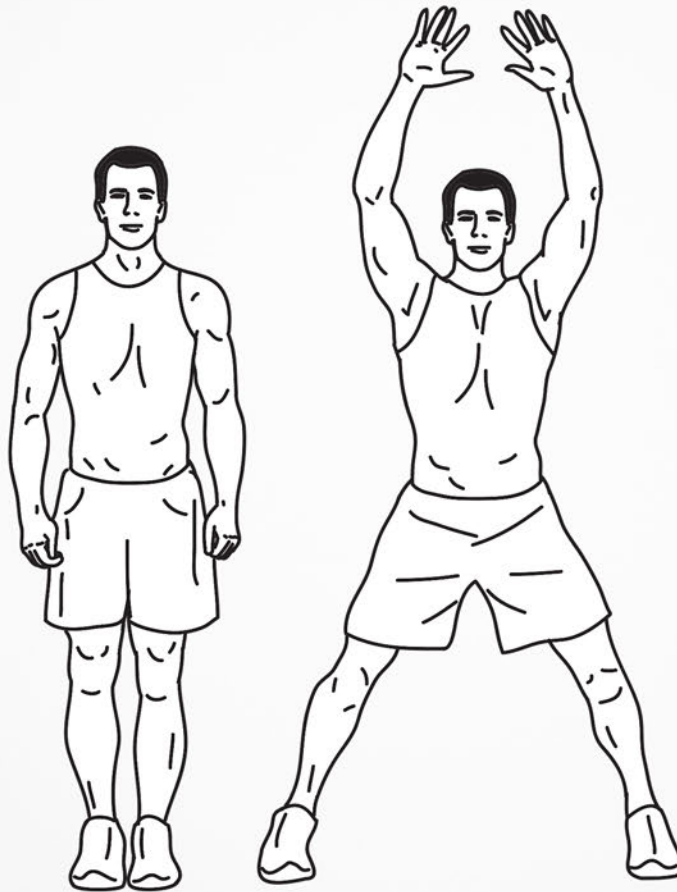
in one workout



in one go ( no breaks )



150 jacks instead of 100



## 100 jumping jacks

split into manageable sets  
throughout the day

# CARDIO TRIM

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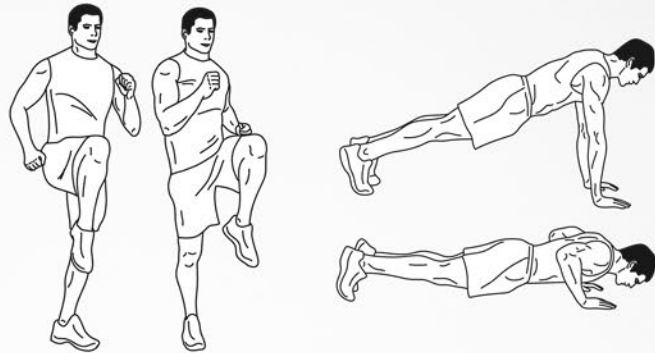
**Day 9** — **UNLOCK**

-  not 5 but 10 push-ups
-  1 extra set of power run
-  complete bonus go

## Part I Power Run

30 high knees  
5 push-ups  
**repeat 10 times**, non-stop

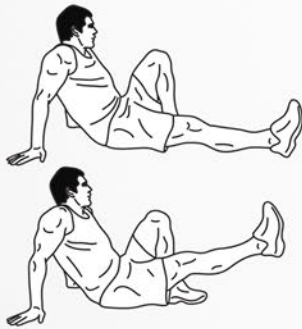
Bonus Go (right after)  
60 high knees non-stop



## Part II Tendon Strength

Once the sequence is complete, change legs and repeat it again. Keep your leg off the floor throughout the sequence.  
No sets - all levels.

sequence #1



**20** leg raises



**20** side-to-side moves



**20-count** hold

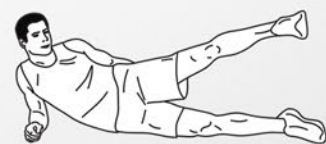
sequence #2



**20** side leg raises



**20** raised leg swings



**20-count** hold

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Day 10

UNLOCK



1 minute rest between sets



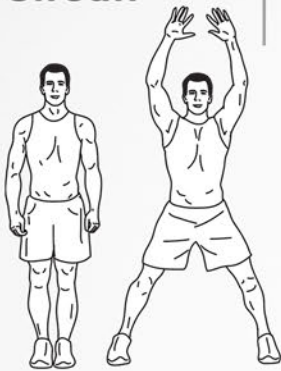
1 extra set of the circuit



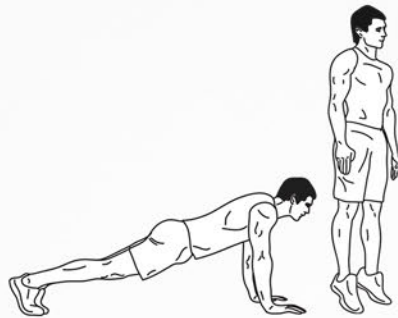
double basic burpees

## Circuit

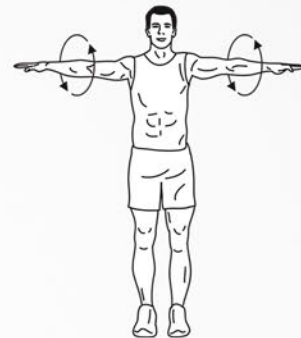
Level I 3 sets Level II 5 sets Level III 7 sets  
2 minutes rest between sets



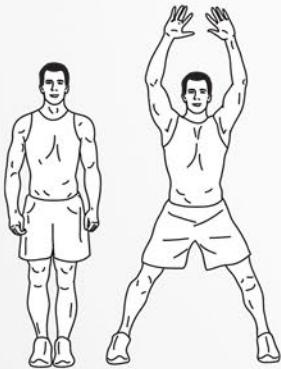
20 jumping jacks



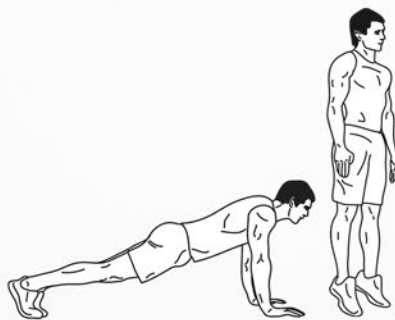
10 basic burpees



20 raised arm circles



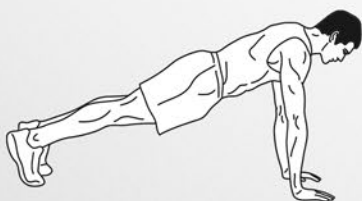
20 jumping jacks



10 basic burpees



20 raised arm circles

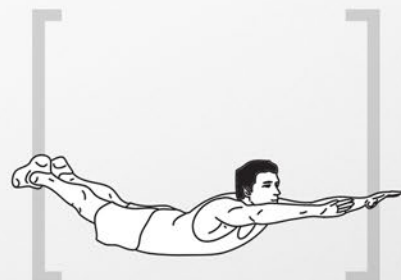


10 push-up into back extension

+



10-count back extension hold



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Day 11

UNLOCK



I & II in one workout



complete bonus go

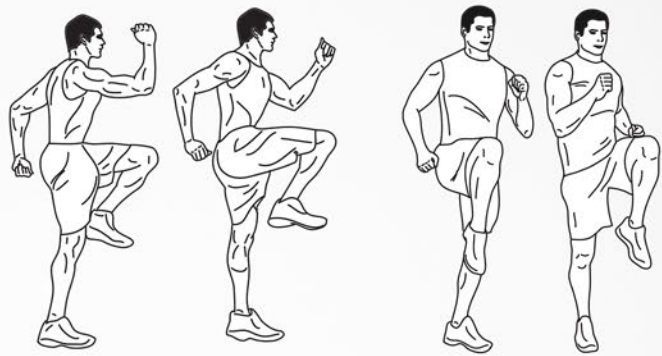


≥ 20 push-ups each set

## Part I Circuit Prime

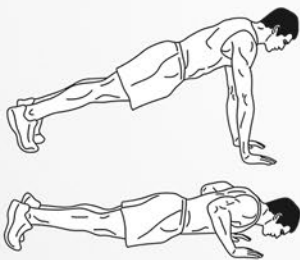
30 march steps  
30 high knees  
**10 sets**, non-stop

Bonus go, right after:  
2 minute high knees non-stop

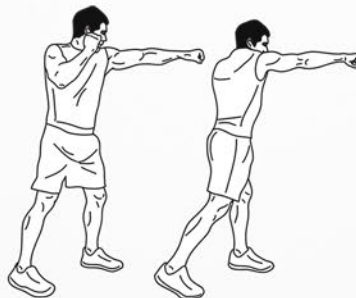


## Part II Upper Body

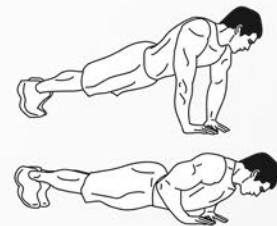
Level I 3 sets Level II 4 sets Level III 5 sets  
2 minutes rest between sets



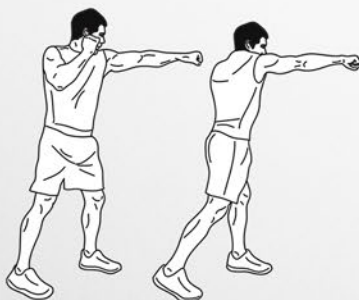
to failure push-ups



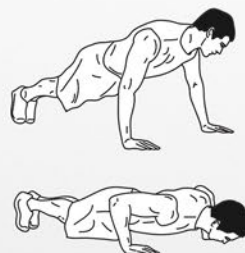
40 punches



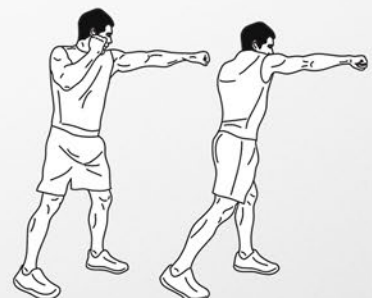
5 close grip push-ups



40 punches



5 wide grip push-ups



40 punches

# CARDIO TRIM

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Day 12

UNLOCK



in one workout



in one go ( no breaks )



350 high knees



## 300 high knees

split into manageable sets  
throughout the day

# CARDIO TRIM

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Day 13

UNLOCK



1 minute rest between sets



1 extra set of the circuit

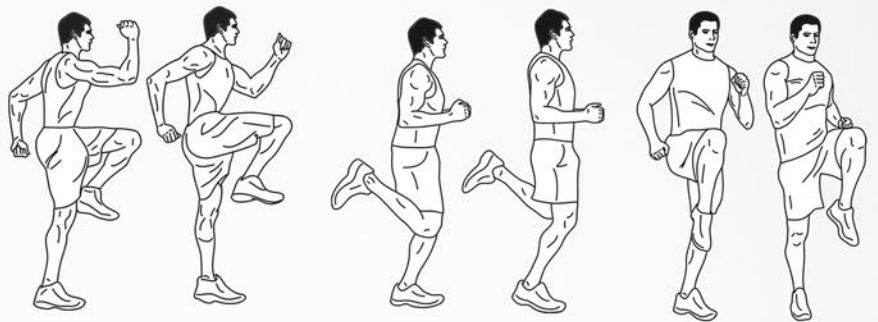


non-stop basic burpees

## Part I Accelerator

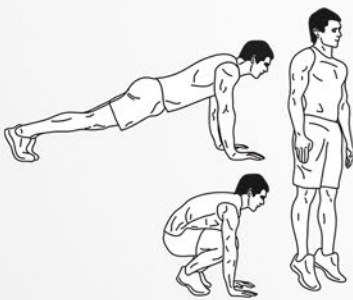
30 march steps  
30 butt kicks  
30 high knees

8 sets | non-stop



## Part II Circuit

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minutes rest between sets



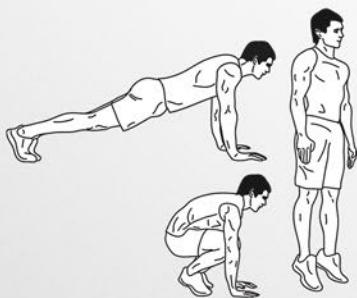
20 basic burpees



20-count plank hold



20 plank jacks



20 basic burpees



20-count plank hold



20 climbers

# CARDIO TRIM

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Day 14

UNLOCK



1 extra set of circuit prime



complete bonus go

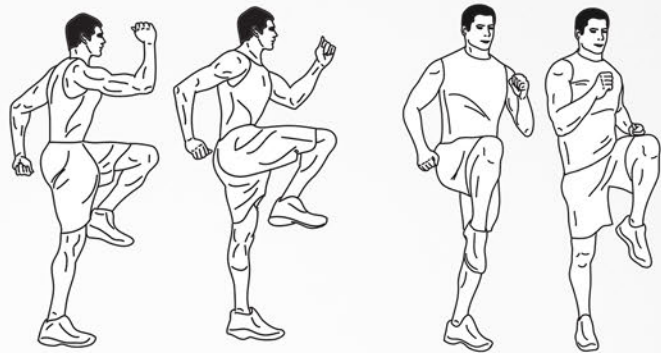


≥ 20 push-ups each set

## Part I Circuit Prime

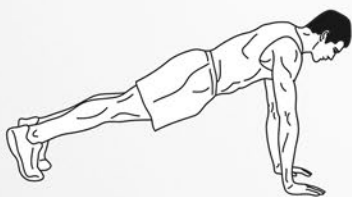
30 march steps  
30 high knees  
**10 sets**, non-stop

Bonus go, right after:  
60 knees non-stop

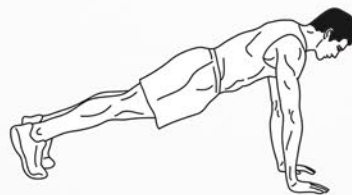


## Part II Upper Body

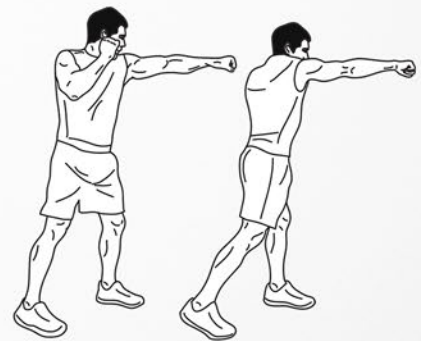
Level I 3 sets Level II 4 sets Level III 5 sets  
2 minutes rest between sets



10-count plank



to failure push-ups



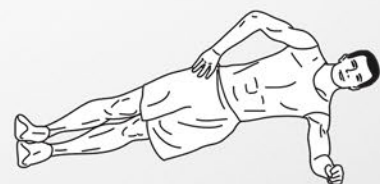
60 punches



20-count elbow plank



20-count raised leg plank



20-count side plank

# CARDIO TRIM

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Day 15

UNLOCK



1 extra set of the hopper



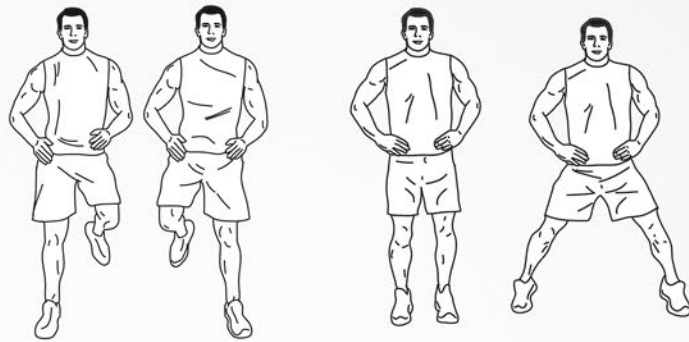
finish with 30 push-ups



double leg raises

## Part I Hopper

30 hop side-to-side  
30 half jacks  
**10 sets**, non-stop



## Part II Tendon Strength

Once the sequence is complete, change legs and repeat it again. Keep your leg off the floor throughout the sequence.  
No sets - all levels.

sequence #1



**30** leg raises



**30** side-to-side moves



**30-count** hold

sequence #2



**30** side leg raises



**30** raised leg swings



**30-count** hold



# CARDIO TRIM

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Day 16

UNLOCK



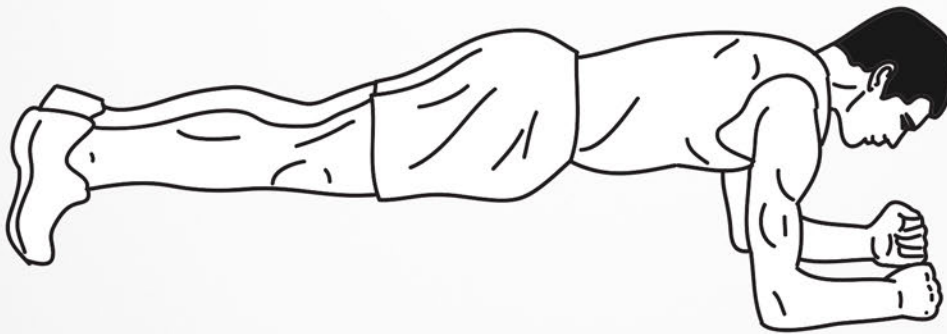
in one workout



in one go ( no breaks)



1 extra minute (4 in total)



## 3 minute elbow plank

split into manageable sets  
throughout the day

# CARDIO TRIM

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Day 17

UNLOCK



1 minute rest between sets



1 extra set of the circuit



3 combos each

Circuit

Level I 3 sets Level II 5 sets Level III 7 sets  
2 minutes rest between sets

2 combos

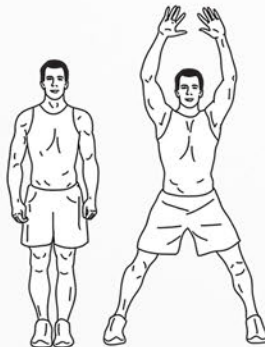


30 high knees

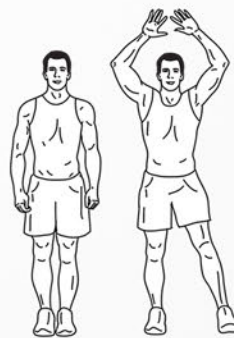


30 march step

2 combos

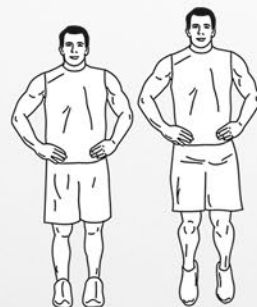


30 jumping jacks



30 step jacks

2 combos



30 hops on the spot



30 side-to-side steps

# CARDIO TRIM

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Day 18

UNLOCK



complete bonus go



1 minute rest between sets

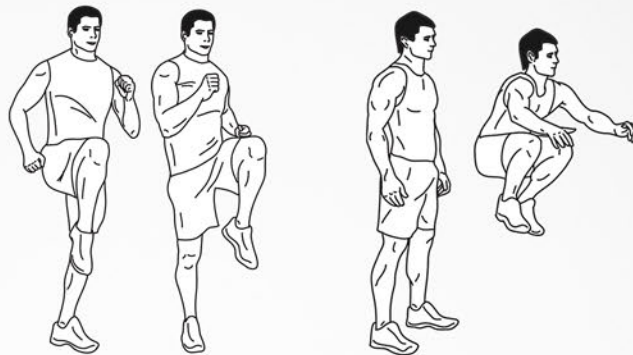


1 extra set of the circuit

## Part I Power Run

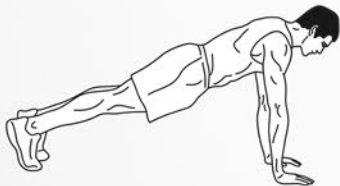
30 high knees  
2 jump knee-tuck  
**repeat 15 times**, non-stop

Bonus Go (right after)  
60 high knees non-stop



## Part II Upper Body

Level I 3 sets Level II 5 sets Level III 7 sets  
2 minutes rest between sets



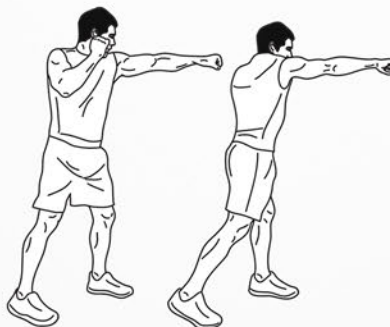
10 push-ups



10 push-ups



10-count push-up plank



40 punches



40 overhead punches



40 raised arm circles

# CARDIO TRIM

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Day 19

UNLOCK



1 extra set of circuit prime



complete bonus go



4 minute sprints

## Part I Circuit Prime

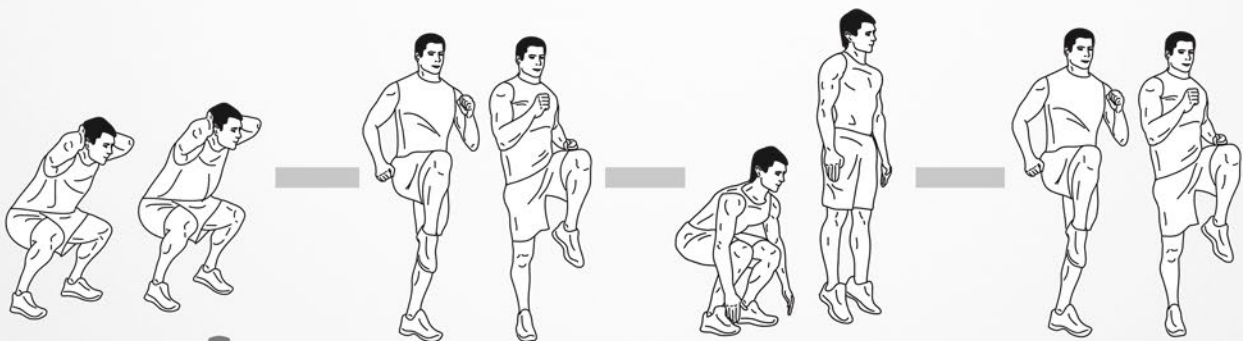
30 march steps  
30 butt kicks  
**11 sets**, non-stop

Bonus go, right after:  
60 butt kicks non-stop



## Part II Sprints

Set a timer and continue with the sequence until the time is up.  
Can be done from point A to point B.



Level I 1 minute  
Level II 2 minutes  
Level III 3 minutes

5 squat hops  
10 high knees  
1 jump squat  
10 high knees  
non-stop

# CARDIO TRIM

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Day 20

UNLOCK



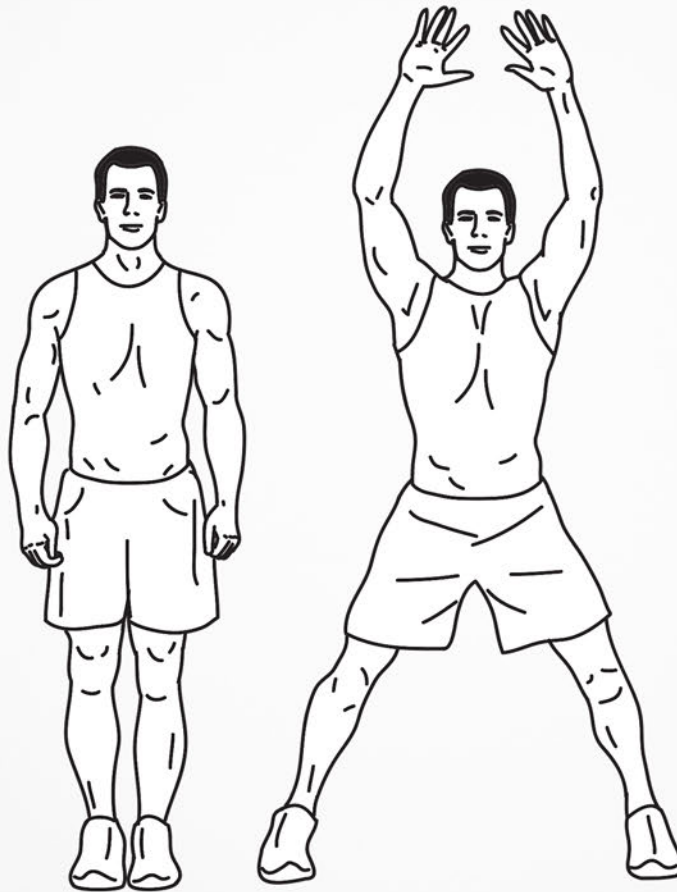
in one workout



in one go ( no breaks )



250 jacks instead of 200



## 200 jumping jacks

split into manageable sets  
throughout the day

# CARDIO TRIM

[darebee.com](http://darebee.com)

Day 21

UNLOCK



1 minute rest between sets



1 extra set of the circuit



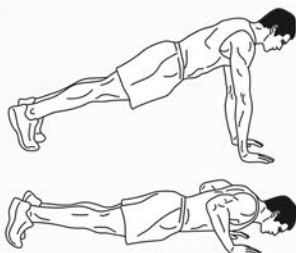
double all punches

## Circuit

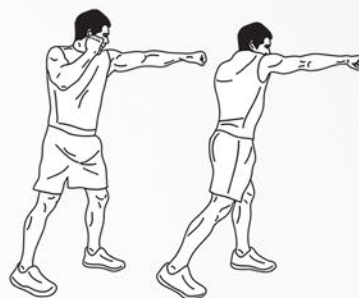
Level I 3 sets Level II 5 sets Level III 7 sets  
2 minutes rest between sets



40 high knees



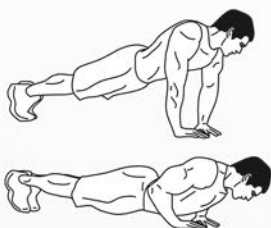
5 push-ups



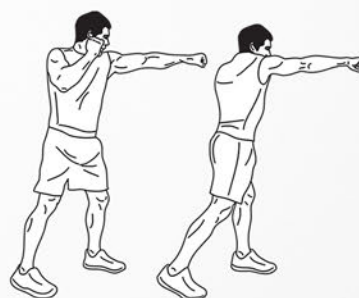
40 punches



40 high knees



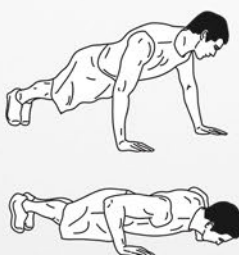
5 close grip push-ups



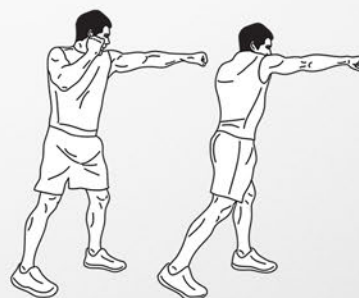
40 punches



40 high knees



5 wide grip push-ups



40 punches

# CARDIO TRIM

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Day 22 — UNLOCK



I & II in one workout



complete bonus go

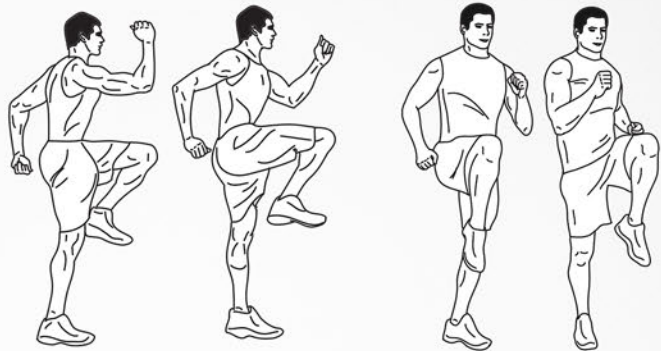


make it 60 leg raises

## Part I Circuit Prime

20 march steps  
40 high knees  
**12 sets**, non-stop

Bonus go, right after:  
60 high knees non-stop



## Part II Tendon Strength

Once the sequence is complete, change legs and repeat it again. Keep your leg off the floor throughout the sequence.  
No sets - all levels.

sequence #1



**40** leg raises

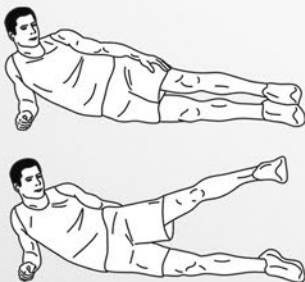


**40** side-to-side moves

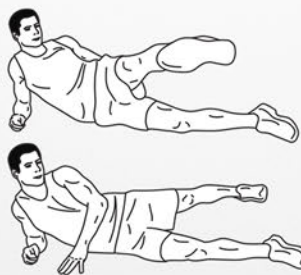


**40-count** hold

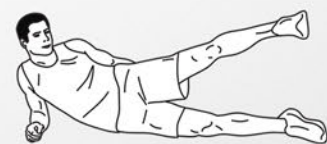
sequence #2



**40** side leg raises



**40** raised leg swings



**40-count** hold

# CARDIO TRIM

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Day 23

UNLOCK



1 extra set of the hopper



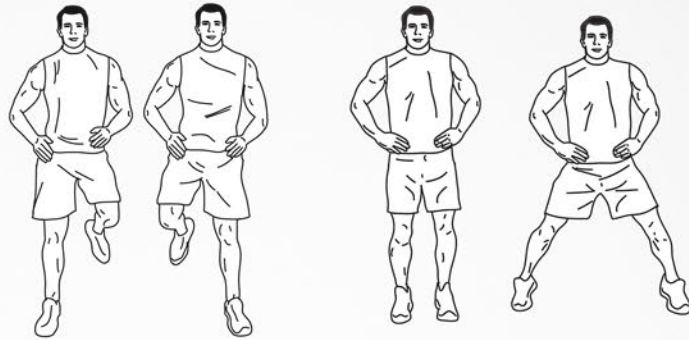
1 minute rest between sets



1 extra set of ab routine

## Part I Hopper

30 hop side-to-side  
30 half jacks  
13 sets, non-stop



## Part II Abs

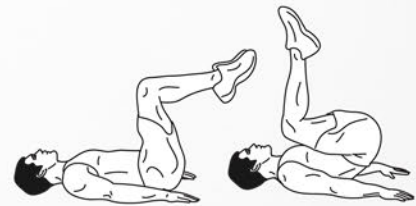
Level I 3 sets Level II 4 sets Level III 5 sets  
2 minutes rest between sets



20 sit-up punches



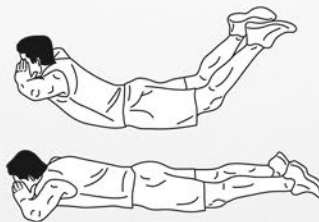
20 sitting punches



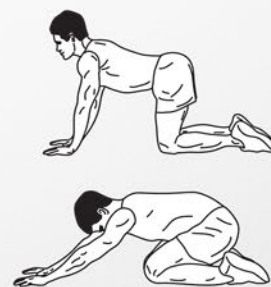
20 reverse crunches



10 dead bugs



10 back extensions



10 back stretches



# CARDIO TRIM

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Day 24

UNLOCK



4 minutes in total



in one workout



in one go ( no breaks )



## 3 minutes high knees

split into manageable sets  
throughout the day

# CARDIO TRIM

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Day 25

UNLOCK



1 minute rest between sets



1 extra set of the circuit

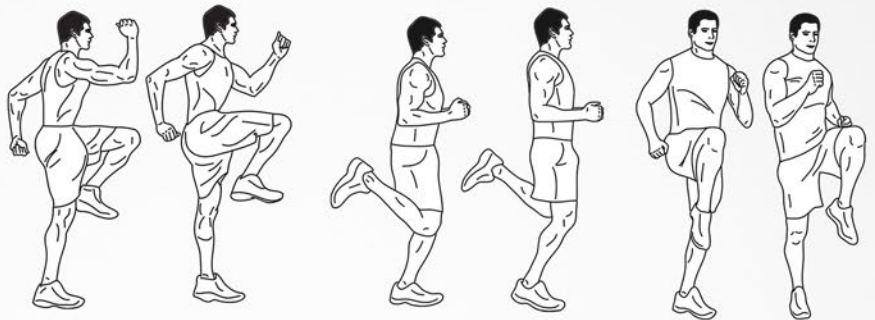


non-stop basic burpees

## Part I Accelerator

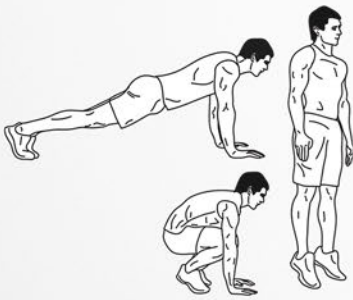
30 march steps  
30 butt kicks  
30 high knees

10 sets | non-stop

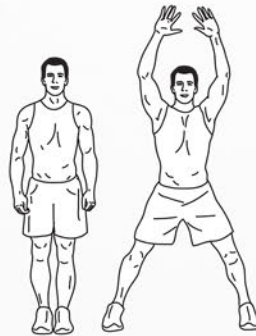


## Part II Circuit

Level I 3 sets Level II 4 sets Level III 5 sets  
2 minutes rest between sets



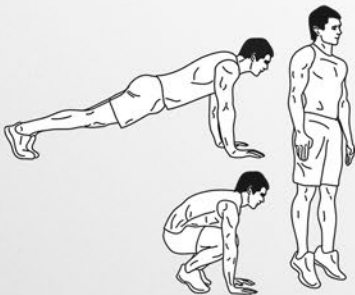
20 basic burpees



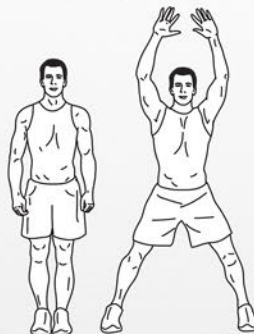
20 jumping jacks



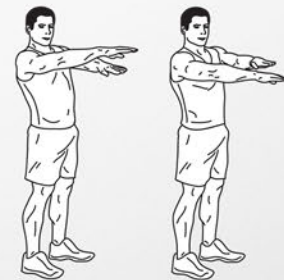
20 raised arm circles



20 basic burpees



20 jumping jacks



20 arm scissors

# CARDIO TRIM

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Day 26

UNLOCK



I & II in one workout



complete bonus go

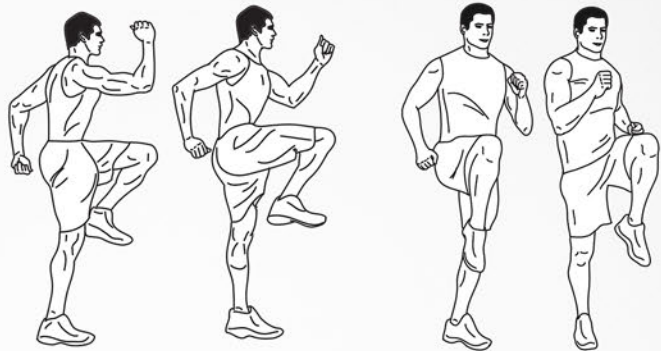


≥ 20 push-ups each set

## Part I Circuit Prime

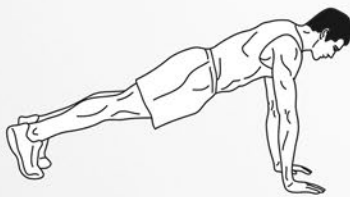
20 march steps  
40 high knees  
**13 sets**, non-stop

Bonus go, right after:  
80 high knees non-stop

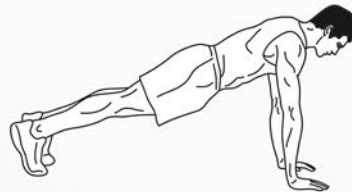


## Part II Upper Body

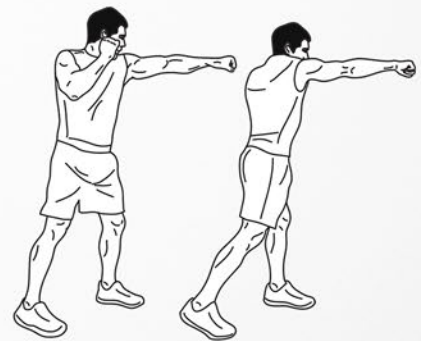
Level I 3 sets Level II 4 sets Level III 5 sets  
2 minutes rest between sets



10-count plank



to failure push-ups



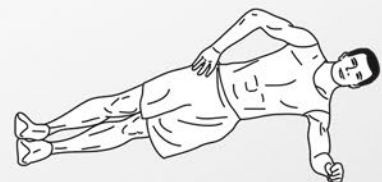
60 punches



20-count elbow plank



20-count raised leg plank



20-count side plank

# CARDIO TRIM

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Day 27

UNLOCK



1 extra set of the hopper



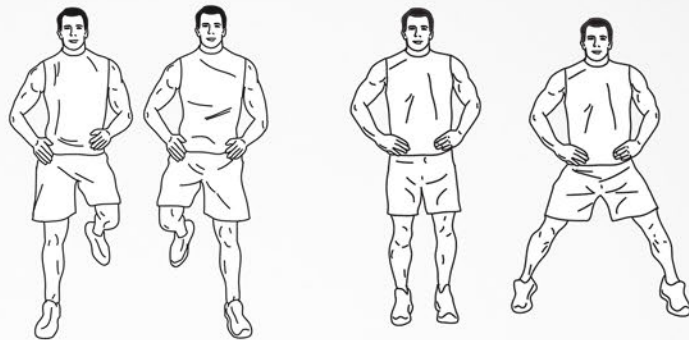
1 minute rest between sets



1 extra set of ab routine

## Part I Hopper

30 hop side-to-side  
30 half jacks  
15 sets, non-stop



## Part II Abs

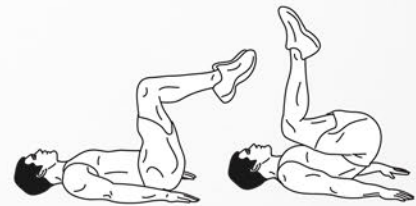
Level I 3 sets Level II 4 sets Level III 5 sets  
2 minutes rest between sets



20 sit-up punches



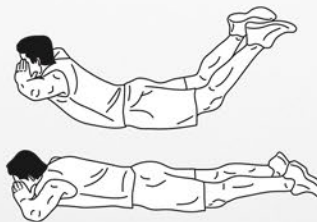
20 sitting punches



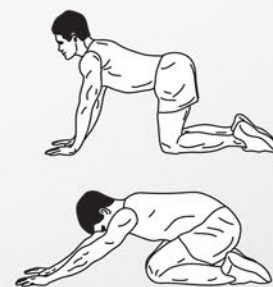
20 reverse crunches



10 dead bugs



10 back extensions



10 back stretches

# CARDIO TRIM

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Day 28

UNLOCK



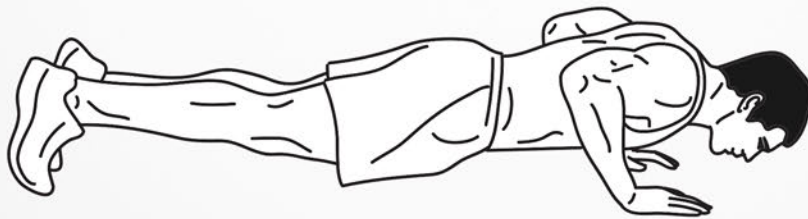
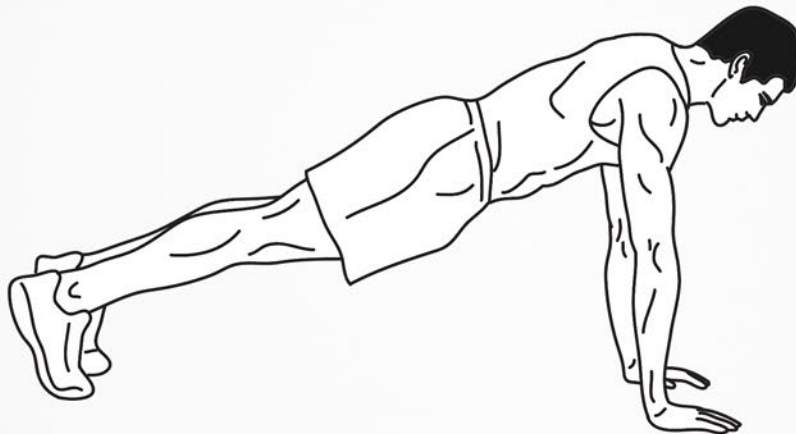
in one workout



in one go ( no breaks )



50 push-ups



## 40 push-ups

split into manageable sets  
throughout the day

# CARDIO TRIM

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Day 29

UNLOCK



1 minute rest between sets



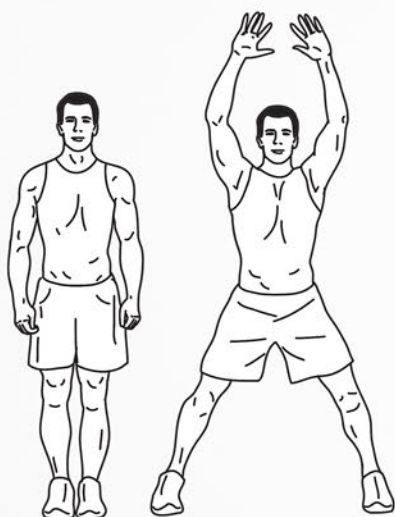
1 extra set of the circuit



double all knee-to-elbow

Circuit

Level I 3 sets Level II 5 sets Level III 7 sets  
2 minutes rest between sets



20 jumping jacks

4 knee-to-elbow

20 jumping jacks

4 knee-to-elbow

20 jumping jacks

4 knee-to-elbow



20 jumping jacks

4 knee-to-elbow

20 jumping jacks

4 knee-to-elbow

# CARDIO TRIM

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Day 30 — UNLOCK



1 extra set of circuit prime



complete bonus go

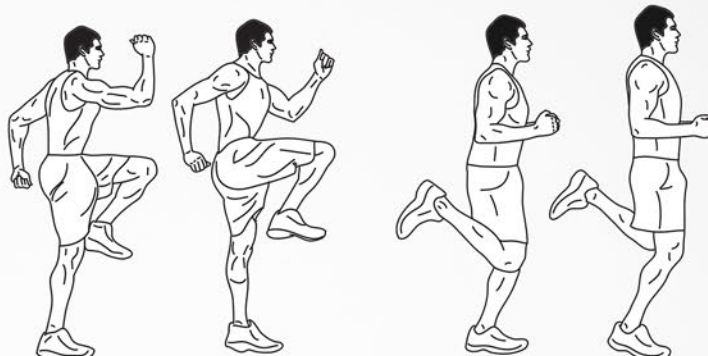


5 minute sprints

## Part I Circuit Prime

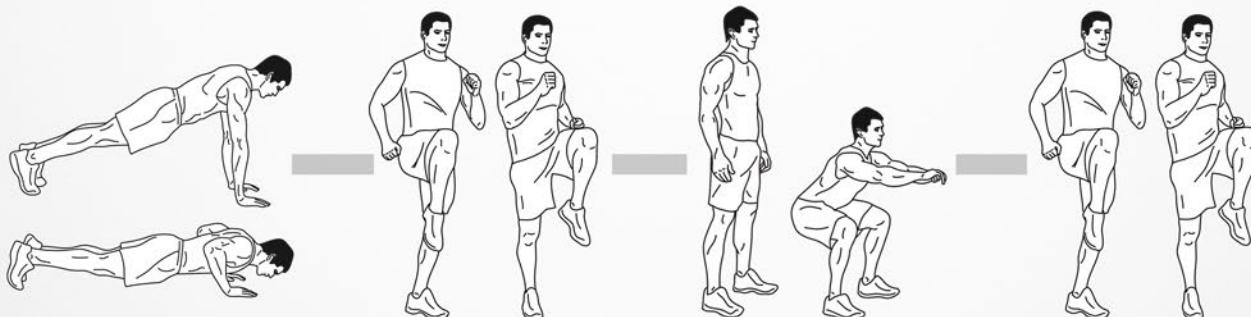
30 march steps  
30 butt kicks  
**15 sets**, non-stop

Bonus go, right after:  
60 butt kicks non-stop



## Part II Sprints

Set a timer and continue with the sequence until the time is up.  
Can be done from point A to point B.



Level I 2 minutes  
Level II 3 minutes  
Level III 4 minutes

1 push-up  
20 high knees  
1 squat  
20 high knees  
non-stop

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