



# FOUNDATION

LIGHT

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# Foundation *light*

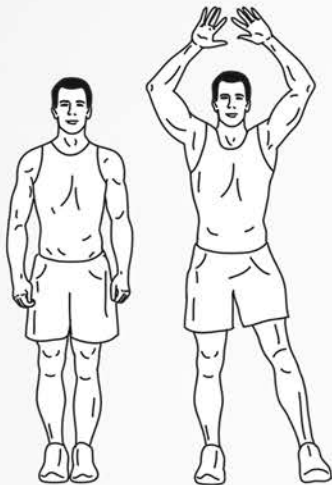
Day 1 | Fast Pace Cardio

Level I 3 sets

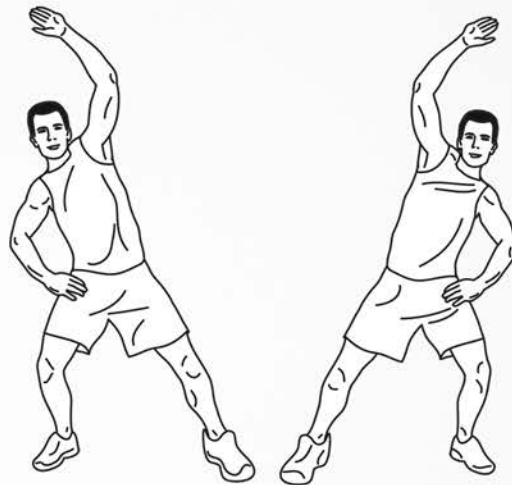
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



**10** step jacks



**6** side jacks



**10** side leg raises



**6** march twists

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# Foundation *light*

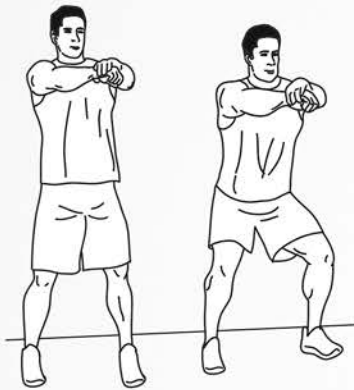
Day 2 | Strength

Level I 3 sets

Level II 5 sets

Level III 7 sets

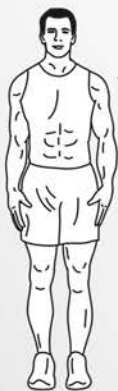
2 minutes rest between sets



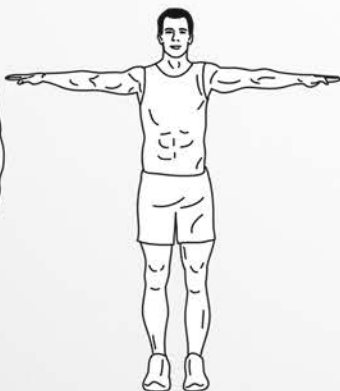
**5** wall half squats



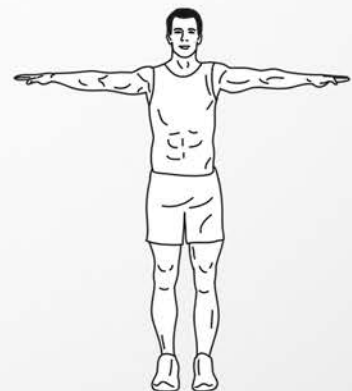
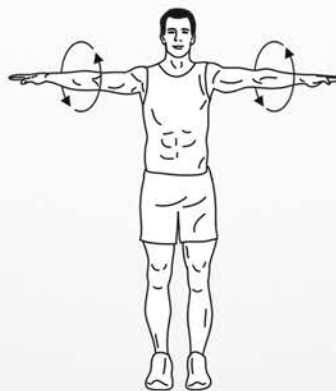
**5-count** wall half squat hold



**20** arm raises



**20** raised arm circles



**20-count** arm hold

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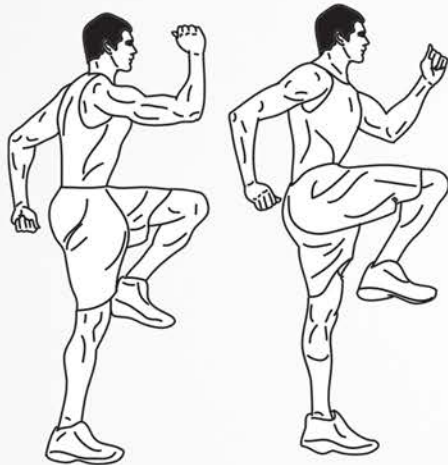
## Day 3 | Fast Pace Cardio

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



**10** march steps

**2** step back + step ups

**10** march steps

**2** step back + step ups



**10** march steps

**2** step back + step ups

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# Foundation *light*

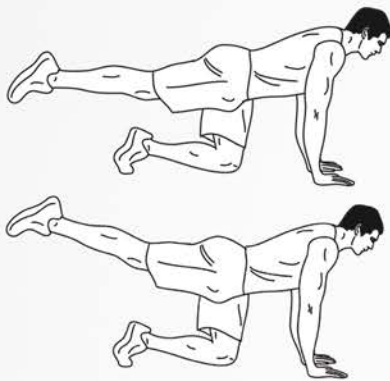
## Day 4 | Tendon Strength

Level I 3 sets

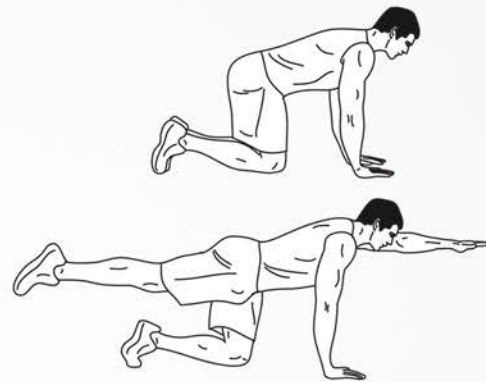
Level II 4 sets

Level III 5 sets

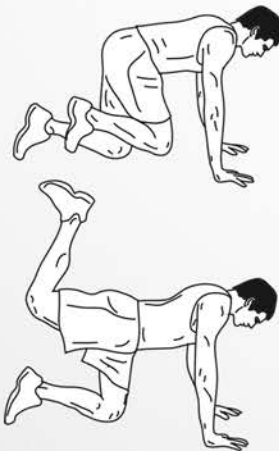
2 minutes rest between sets



**10** raised leg swings



**6** alt arm / leg raises



**10** upward leg extensions



**6** side leg extensions



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# Foundation *light*

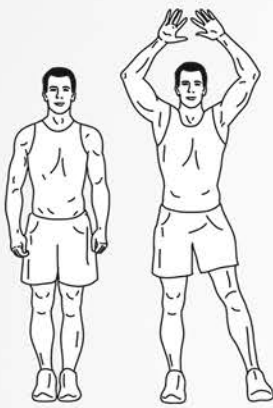
Day 5 | Fast Pace Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

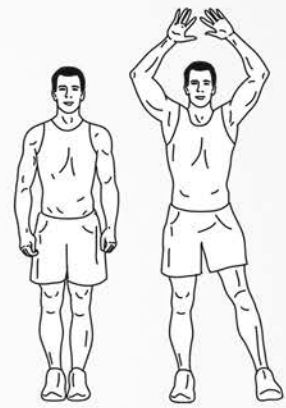
2 minutes rest between sets



4 step jacks



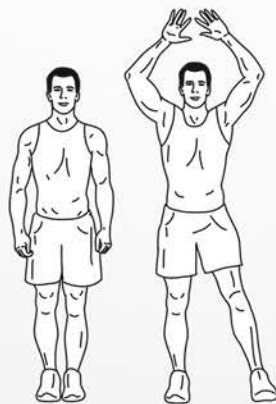
10 side jacks



4 step jacks



10 march twists



4 step jacks



10 side leg raises

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# Foundation *light*

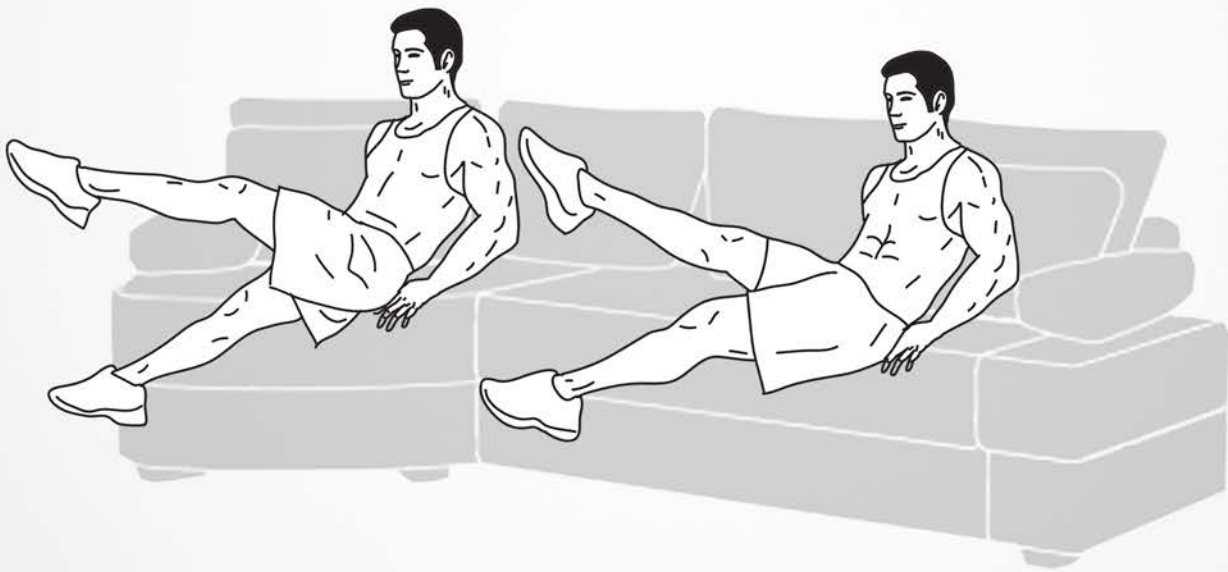
Day 6 | Abs & Core

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**12** flutter kicks

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# Foundation *light*

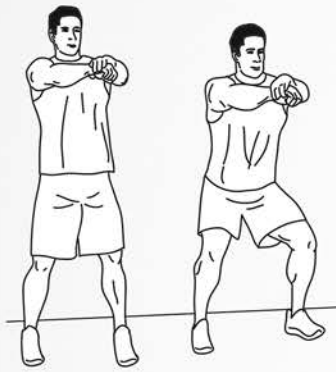
Day 7 | Strength

Level I 3 sets

Level II 5 sets

Level III 7 sets

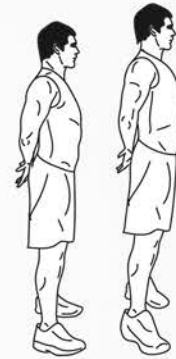
2 minutes rest between sets



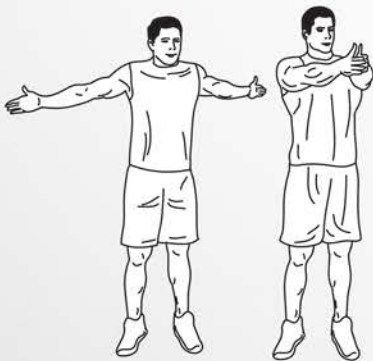
**6** wall half squats



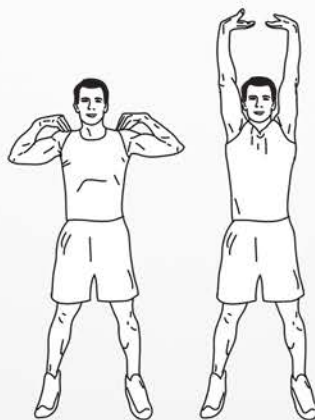
**6** step back + step ups



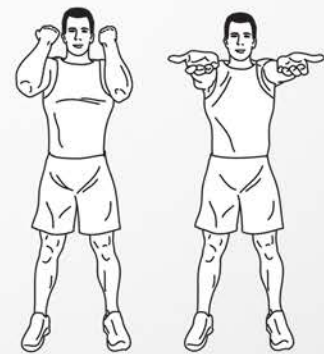
**4** calf raises



**10** chest expansions



**10** standing shoulder taps



**10** bicep extensions



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# Foundation *light*

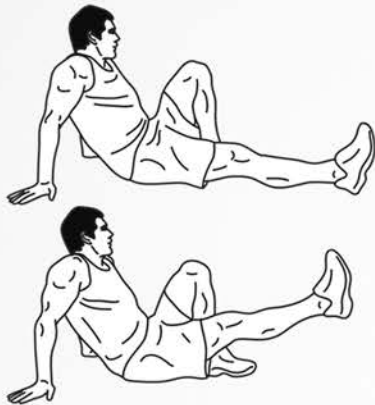
Day 8 | Tendon Strength

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**10** leg raises + **10-count** raised leg hold  
change sides and repeat



**10** side leg raises + **10-count** side leg raise hold  
change sides and repeat

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# Foundation *light*

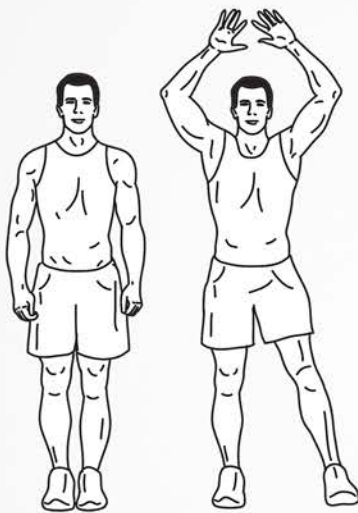
## Day 9 | Fast Pace Cardio

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

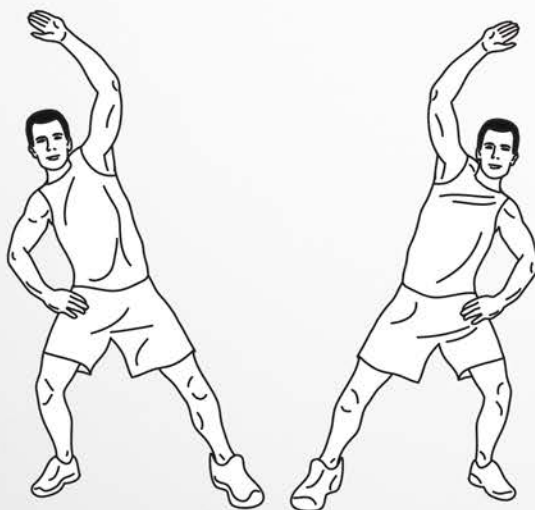


**10** step jacks

**2** side jacks

**10** step jacks

**2** side jacks



**10** step jacks

**2** side jacks

**10** step jacks

**2** side jacks

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# Foundation *light*

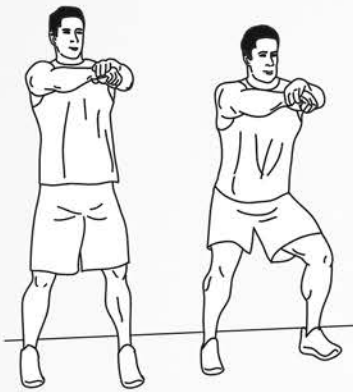
Day 10 | Strength

Level I 3 sets

Level II 5 sets

Level III 7 sets

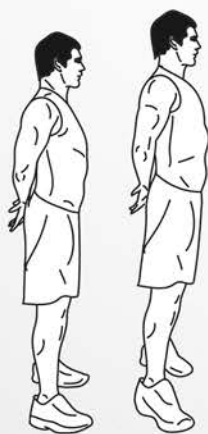
2 minutes rest between sets



**10** wall half squats



**10-count** wall half squat hold



**10** calf raises



**10-count** calf raise hold

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# Foundation *light*

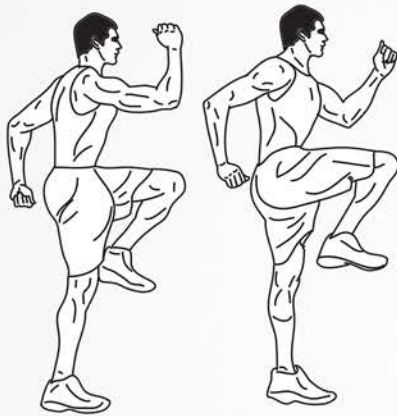
Day 11 | Fast Pace Cardio

Level I 3 sets

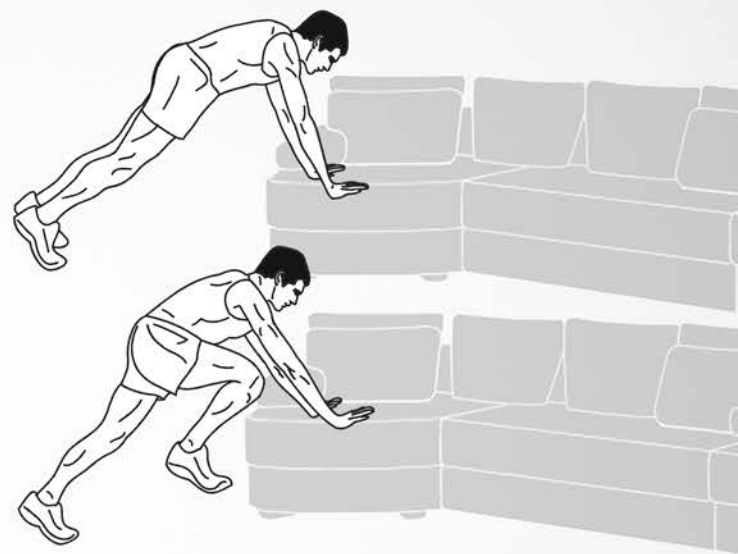
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



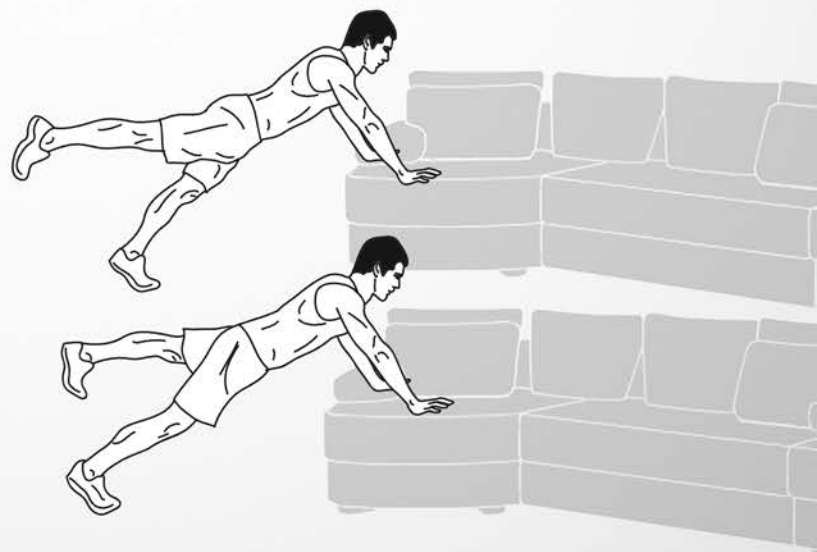
**12** march steps



**6** inclined slow climbers



**12** side leg raises



**6** inclined plank leg raises

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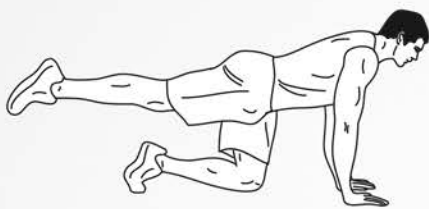
Day 12 | Tendon Strength

Level I 3 sets

Level II 4 sets

Level III 5 sets

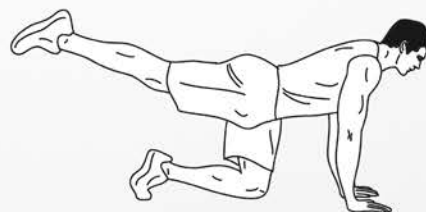
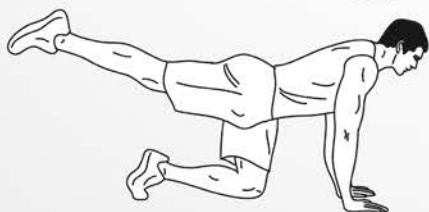
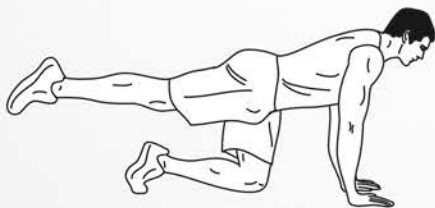
2 minutes rest between sets



**8** knee-in & stretch



**8** upward leg extensions



**16** raised leg swings + **8-count** raised leg hold  
change sides and repeat



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# Foundation *light*

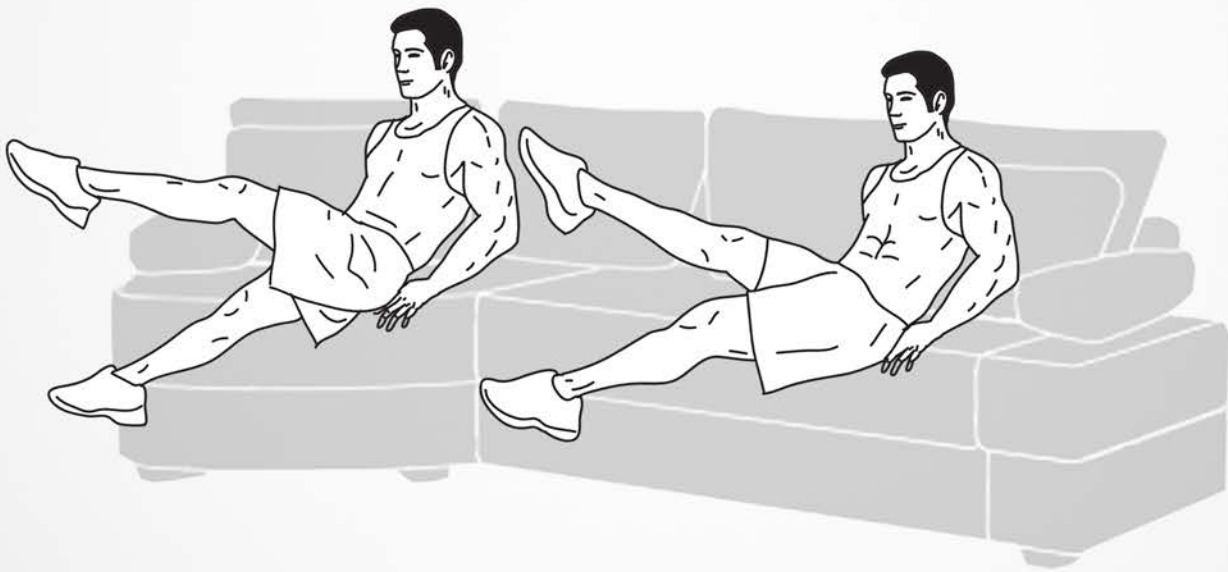
Day 13 | Abs & Core

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**14** flutter kicks

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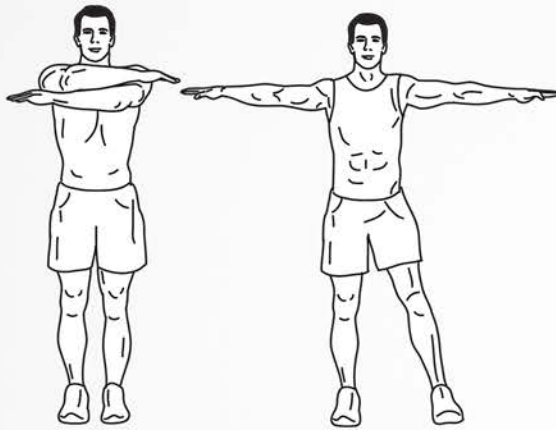
Day 14 | Fast Pace Cardio

Level I 3 sets

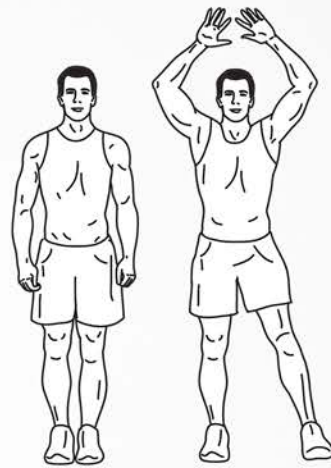
Level II 5 sets

Level III 7 sets

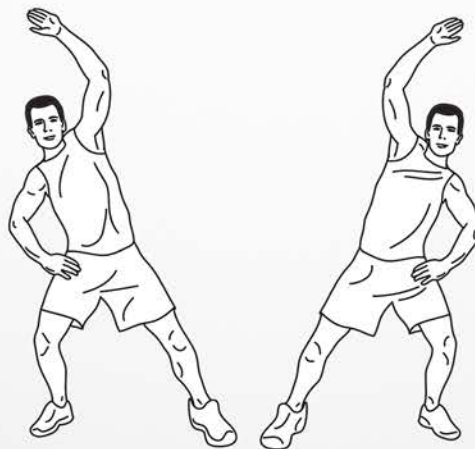
2 minutes rest between sets



**10** step extensions



**10** step jacks



**10** side jacks

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Day 15 | Strength

Level I 3 sets

Level II 5 sets

Level III 7 sets

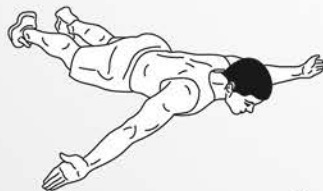
2 minutes rest between sets



**5** bridges



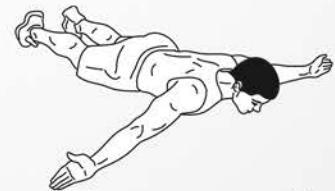
**5-count** bridge hold



**5** prone reverse flyes



**5** W-extensions



**5** prone reverse flyes

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# Foundation *light*

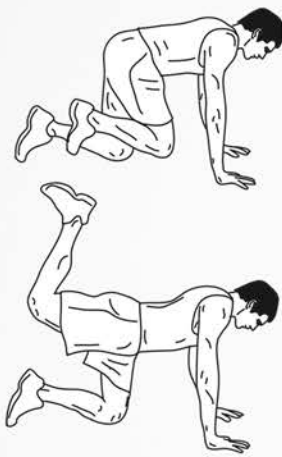
Day 16 | Tendon Strength

Level I 3 sets

Level II 4 sets

Level III 5 sets

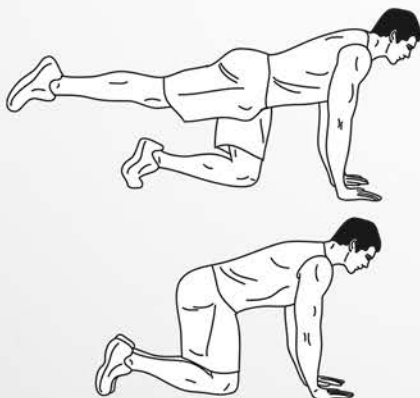
2 minutes rest between sets



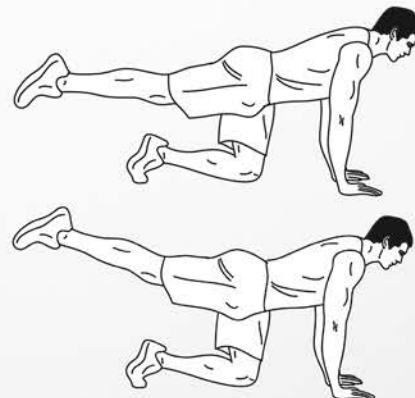
**10** upward leg extensions



**6** side leg extensions



**6** leg extensions



**10** raised leg swings

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# Foundation *light*

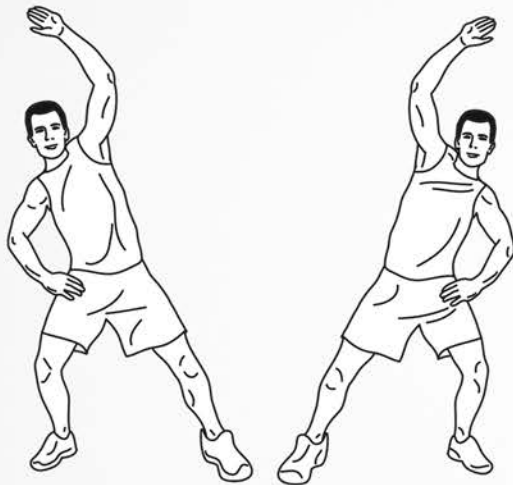
## Day 17 | Fast Pace Cardio

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



**8** side jacks

**2** side leg raises (left/right)

**8** side jacks

**2** side leg raises (left/right)



**8** side jacks

**2** side leg raises (left/right)

**8** side jacks

**2** side leg raises (left/right)



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# Foundation *light*

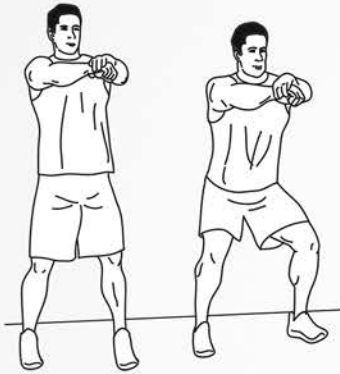
Day 18 | Strength

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



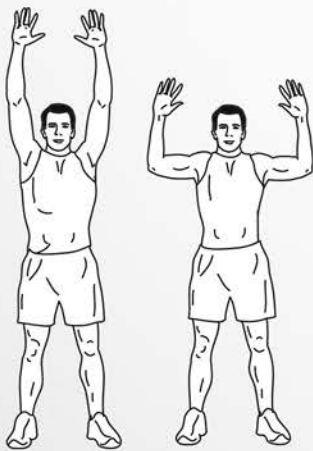
**8** wall half squats



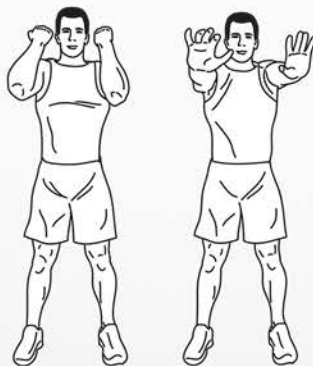
**8-count** wall half squat hold



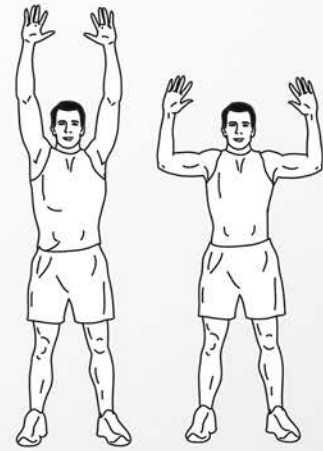
**8** step back + step ups



**16** standing W-extensions



**16** bicep extensions



**16** standing W-extensions

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# Foundation *light*

Day 19 | Fast Pace Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

16 march steps

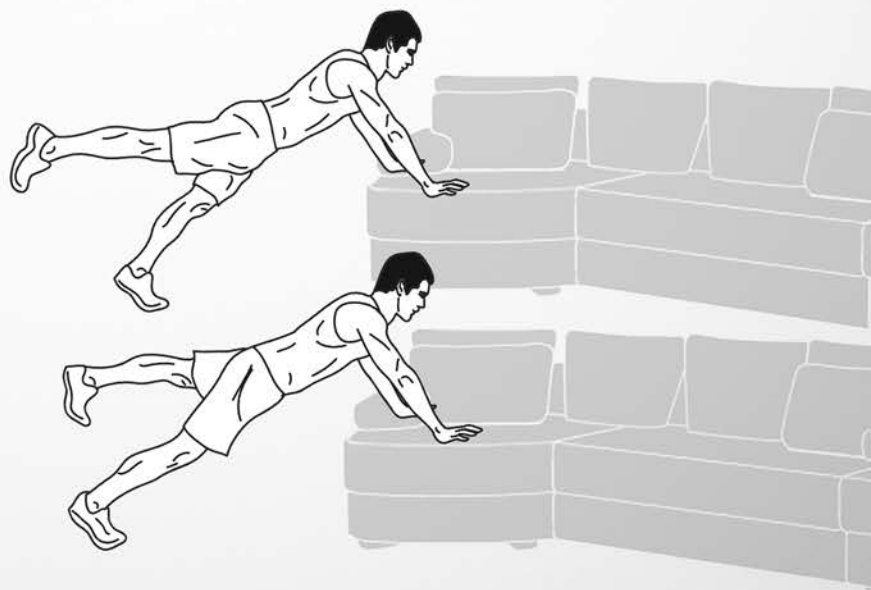
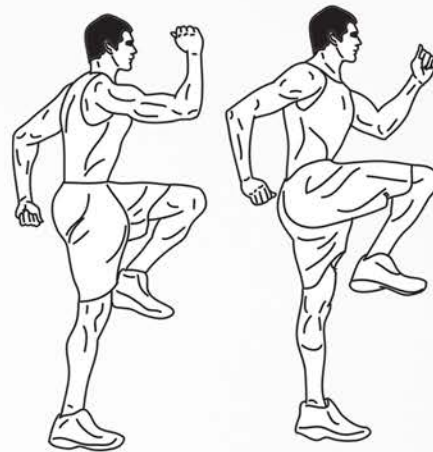
4 inclined plank leg raises

16 march steps

4 inclined plank leg raises

16 march steps

4 inclined plank leg raises



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# Foundation *light*

Day 20 | Tendon Strength

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**5-count** hold

+



**10** leg raises

+



**10** high leg raises

change sides and repeat



**10** move from side-to-side

+



**10** circles

+



**5-count** hold

change sides and repeat

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# Foundation *light*

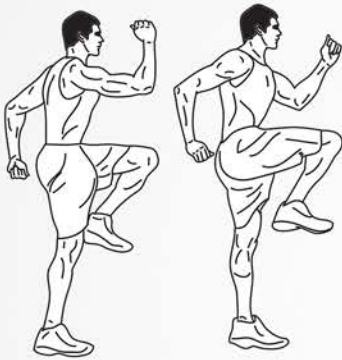
Day 21 | Fast Pace Cardio

Level I 3 sets

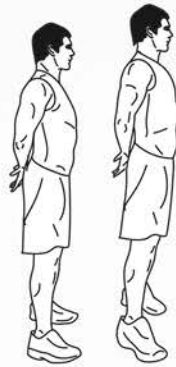
Level II 5 sets

Level III 7 sets

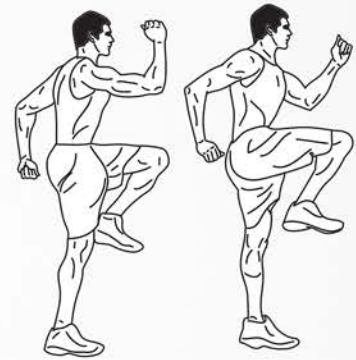
2 minutes rest between sets



**10** march steps



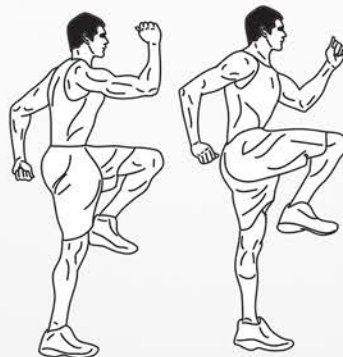
**4** calf raises



**10** march steps



**4** march twists



**10** march steps



**4** side leg raises

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# Foundation *light*

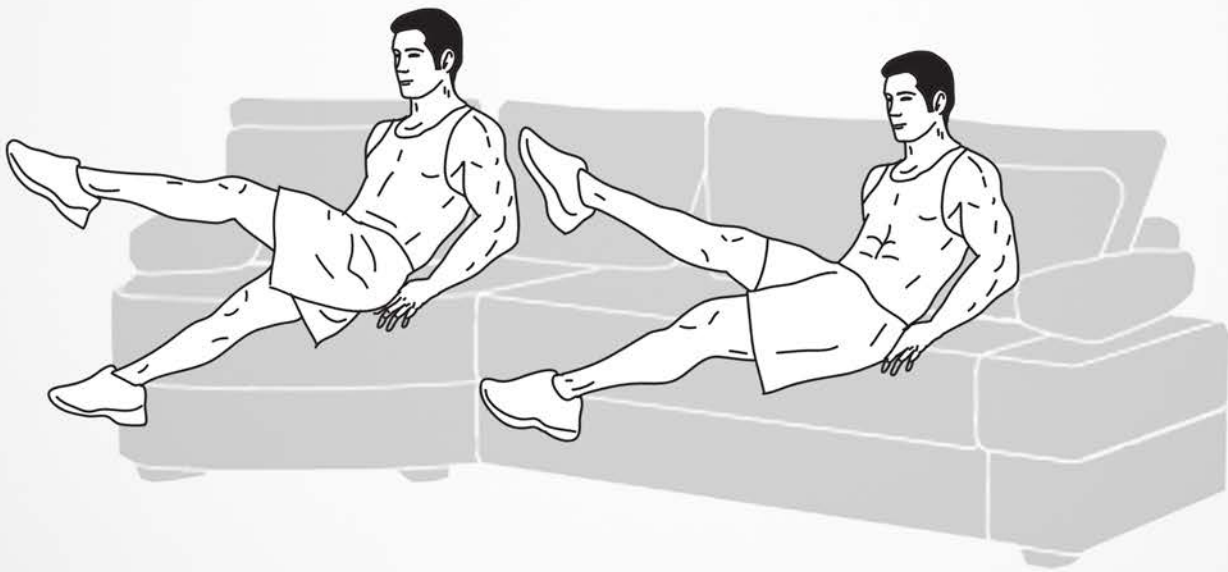
Day 22 | Abs & Core

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**16** flutter kicks



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# Foundation *light*

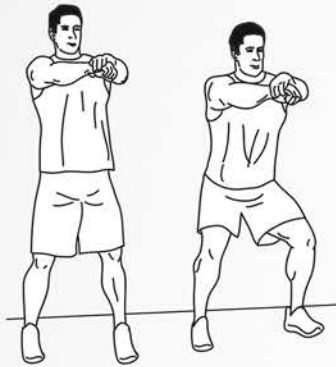
Day 23 | Strength

Level I 3 sets

Level II 5 sets

Level III 7 sets

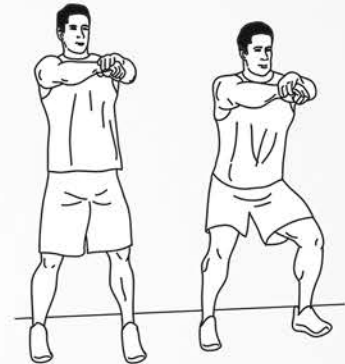
2 minutes rest between sets



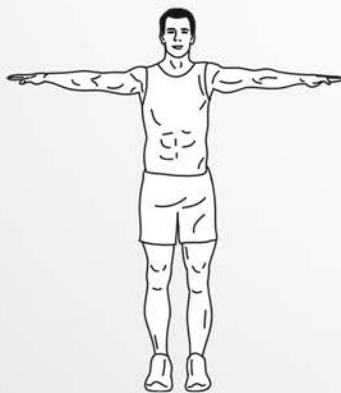
**6** wall half squats



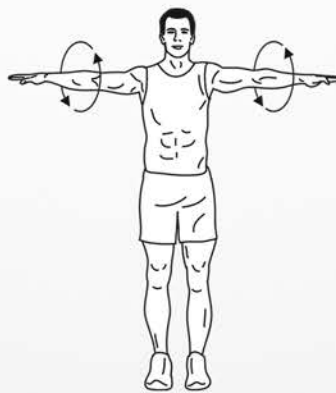
**6-count** wall half squat hold



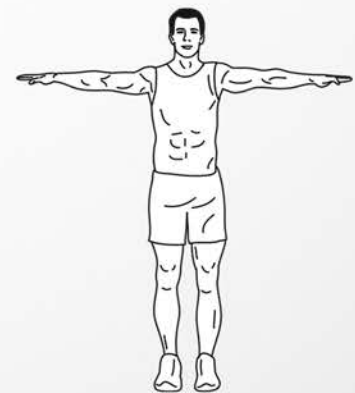
**6** wall squats



**20-count** arm hold



**10** raised arm circles



**20-count** arm hold

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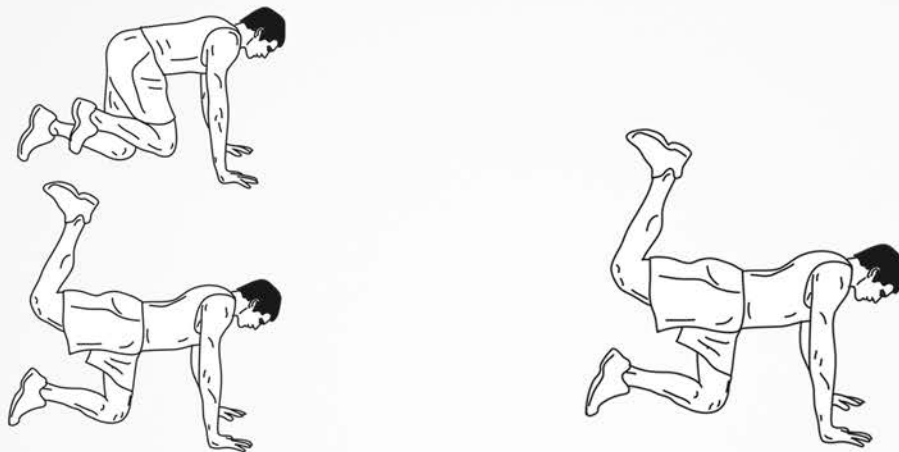
Day 24 | Tendon Strength

Level I 3 sets

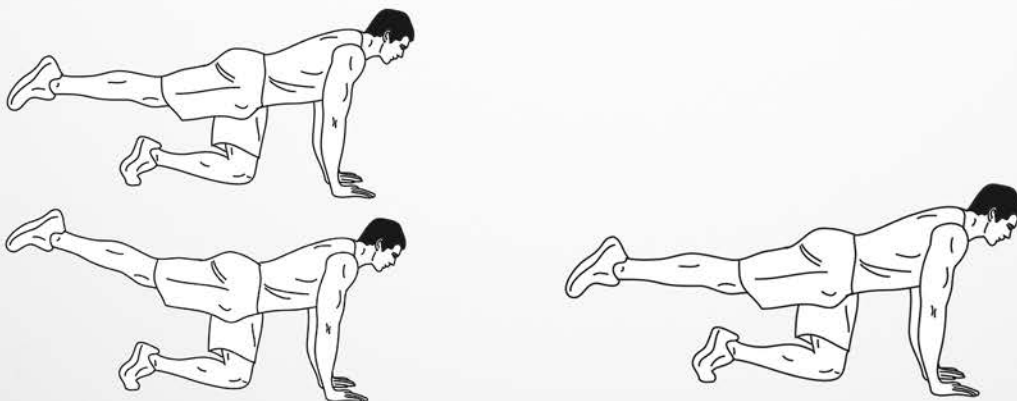
Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**14** upward leg extensions + **10-count** upward leg extension hold  
change sides and repeat



**14** raised leg swings + **10-count** raised leg hold  
change sides and repeat

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# Foundation *light*

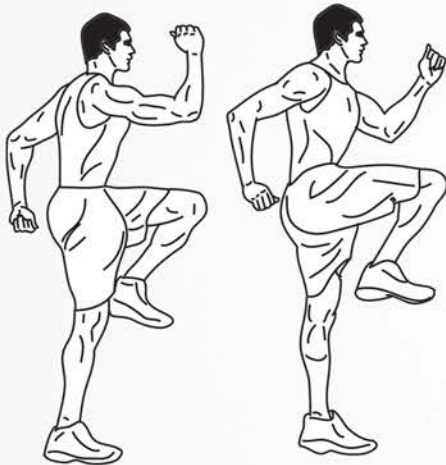
## Day 25 | Fast Pace Cardio

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

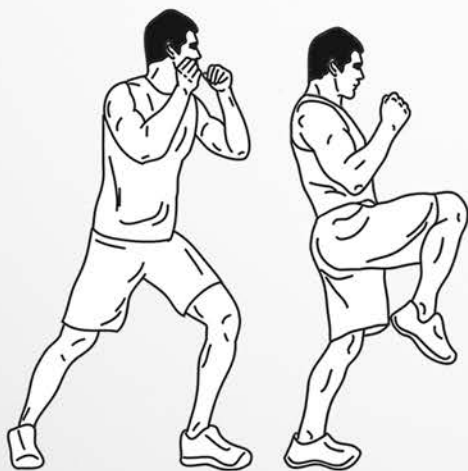


**10** march steps

**4** step back + step up

**10** march steps

**4** step back + step up



**10** march steps

**4** step back + step up

**10** march steps

**4** step back + step up

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# Foundation *light*

Day 26 | Strength

Level I 3 sets

Level II 5 sets

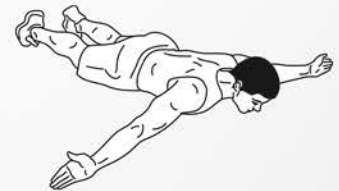
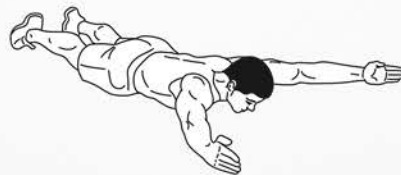
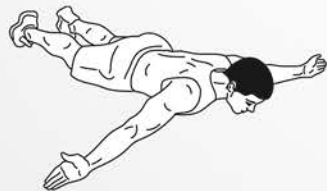
Level III 7 sets

2 minutes rest between sets



**8** bridges

**8-count** bridge hold



**8** prone reverse flyes

**8** W-extensions

**8** prone reverse flyes

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# Foundation *light*

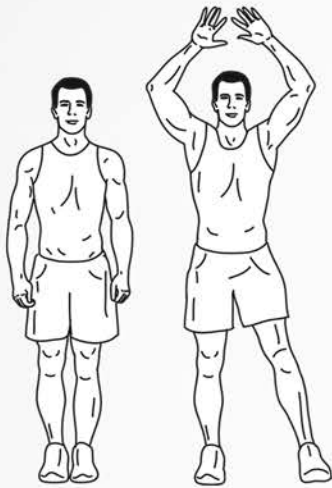
Day 27 | Fast Pace Cardio

Level I 3 sets

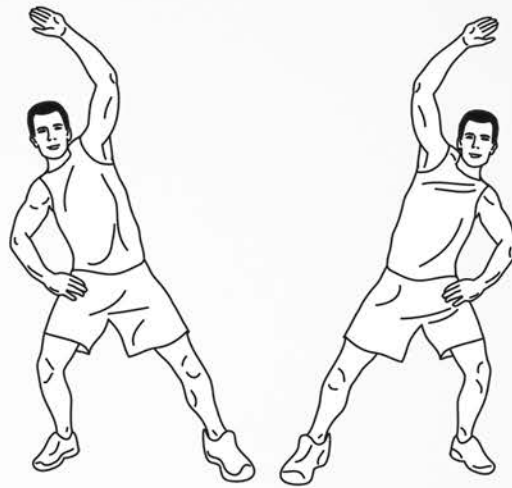
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



**14** step jacks



**10** side jacks



**14** side leg raises



**10** march twists



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# Foundation *light*

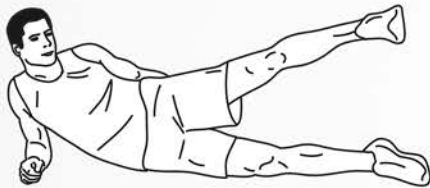
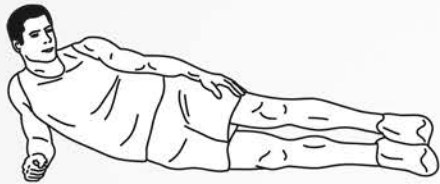
Day 28 | Tendon Strength

Level I 3 sets

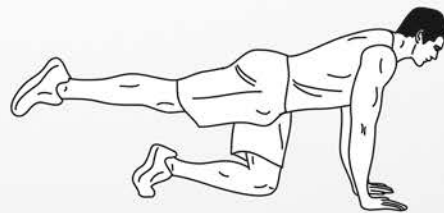
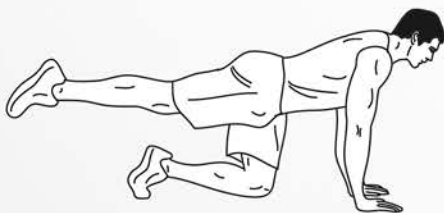
Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**16** side leg raises + **8-count** side leg raise hold  
change sides and repeat



**16** knee-in & stretch + **8-count** raised leg hold  
change sides and repeat

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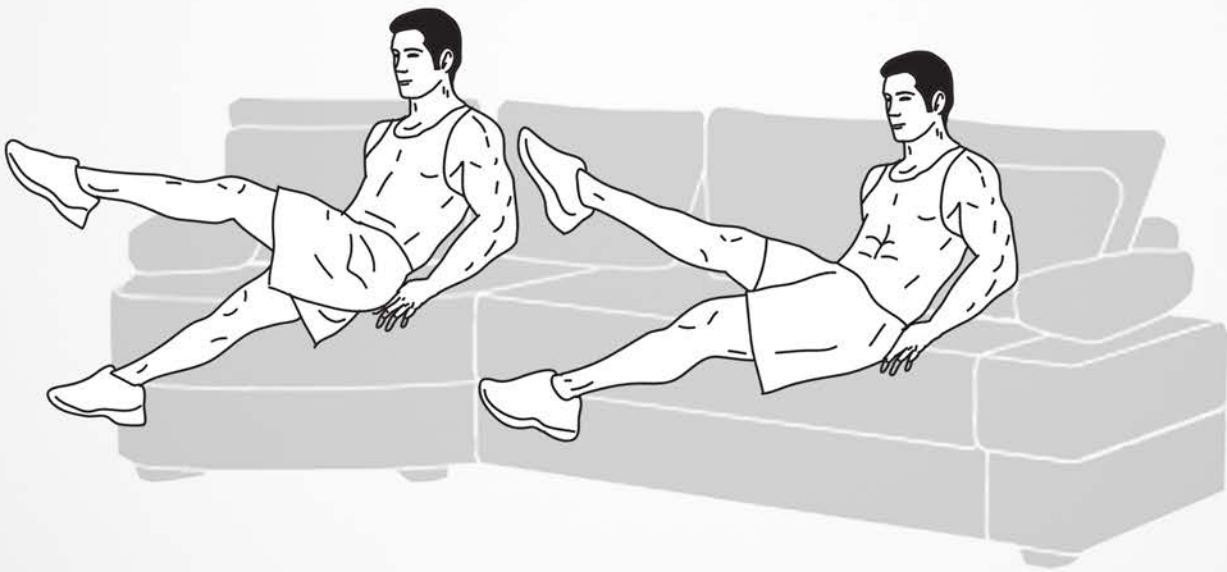
Day 29 | Abs & Core

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**18** flutter kicks

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# Foundation *light*

Day 30 | Fast Pace Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

20 march steps

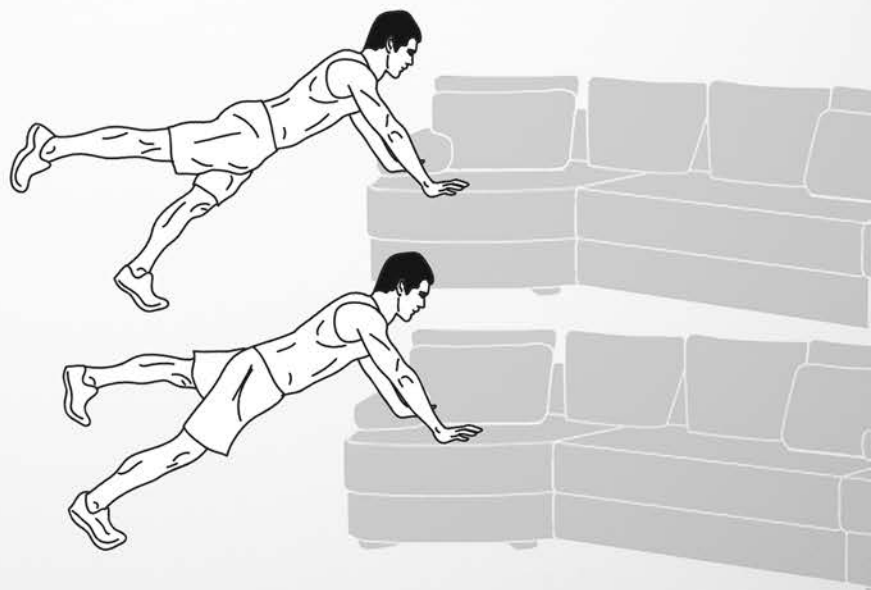
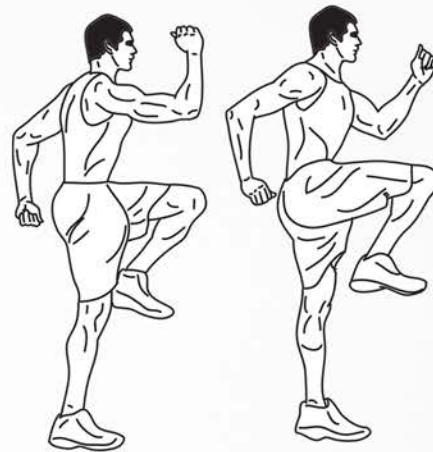
8 inclined plank leg raises

20 march steps

8 inclined plank leg raises

20 march steps

8 inclined plank leg raises



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