

**HARD**

**RESET**

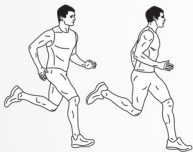
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**CARDIO**

# HARD RESET CARDIO

Day 1

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or

**20 minutes** running,  
cycling, elliptical, rowing  
or swimming

*at a comfortable pace  
but get your heart rate up*



**30sec** jumping jacks

**30sec** high knees

**30sec** jumping jacks

**30sec** high knees

**30sec** jumping jacks

**30sec** high knees

Repeat **5 times in total**

2 minutes rest between sets

# HARD RESET CARDIO

Day 2

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**20 minutes** walking,  
cycling, elliptical, rowing  
or swimming

*at a comfortable pace,  
very light work*

or



**30sec** step jacks

**30sec** march steps

**30sec** step jacks

**30sec** march steps

**30sec** step jacks

**30sec** march steps

Repeat **5 times in total**

2 minutes rest between sets

# HARD RESET CARDIO

Day 3

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## PART 1



**30sec** climbers

**30sec** rest

Repeat **5** times in total

## PART 2

Hold each pose for **10 seconds** then move on to the next one.



# HARD RESET CARDIO

Day 4

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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**20** side kicks



**20** front kicks



**20** punches (jab + cross)

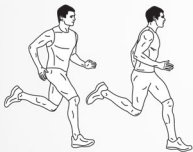


**20** combos jab + cross + side kick

# HARD RESET CARDIO

Day 5

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or



**20 minutes** running,  
cycling, elliptical, rowing  
or swimming

*at a comfortable pace  
but get your heart rate up*

**30sec** high knees

**30sec** butt kicks

**30sec** high knees

**30sec** jumping jacks

**30sec** high knees

**30sec** butt kicks

Repeat **5 times in total**

2 minutes rest between sets

# HARD RESET CARDIO

Day 6

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**20 minutes** walking,  
cycling, elliptical, rowing  
or swimming

*at a comfortable pace,  
very light work*

or



**30sec** step jacks

**30sec** side jacks

**30sec** step jacks

**30sec** side jacks

**30sec** step jacks

**30sec** side jacks

Repeat **5 times in total**

2 minutes rest between sets

# HARD RESET CARDIO

Day 7

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PART 1



**30sec** high knees

**30sec** rest

Repeat 5 times in total

PART 2



**20** crunches



**20** knee-ins & twist

**30sec** rest

**20** crunches

**20** knee-ins & twist



**30sec** rest

**20** crunches

**20** knee-ins & twist



# HARD RESET CARDIO

Day 8

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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**20** bounces



**20** knee strikes



**20** elbow strikes

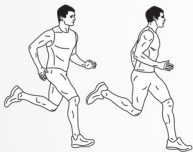


**20 combos** elbow strike + knee strike

# HARD RESET CARDIO

Day 9

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or

**20 minutes** running,  
cycling, elliptical, rowing  
or swimming

*at a comfortable pace  
but get your heart rate up*



**30sec** jumping jacks

**30sec** high knees

**30sec** jumping jacks

**30sec** high knees

**30sec** jumping jacks

**30sec** high knees

Repeat **5 times in total**

2 minutes rest between sets

# HARD RESET CARDIO

Day 10

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**20 minutes** walking,  
cycling, elliptical, rowing  
or swimming

*at a comfortable pace,  
very light work*

or



**30sec** step jacks

**30sec** march steps

**30sec** step jacks

**30sec** march steps

**30sec** step jacks

**30sec** march steps

Repeat **5 times in total**

2 minutes rest between sets

# HARD RESET CARDIO

Day 11

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## PART 1



**30sec** climbers

**30sec** rest

Repeat **5 times** in total

## PART 2

Hold each pose for **15 seconds** then move on to the next one.



# HARD RESET CARDIO

Day 12

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Level I 3 sets

Level II 4 sets

Level III 5 sets

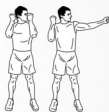
2 minutes rest between sets



**20** side kicks



**20** front kicks



**20** backfists

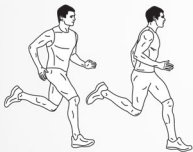


**20 combos** backfist + side kick

# HARD RESET CARDIO

Day 13

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or



**20 minutes** running,  
cycling, elliptical, rowing  
or swimming

*at a comfortable pace  
but get your heart rate up*

**30sec** high knees

**30sec** butt kicks

**30sec** high knees

**30sec** jumping jacks

**30sec** high knees

**30sec** butt kicks

Repeat **5 times in total**

2 minutes rest between sets

# HARD RESET CARDIO

Day 14

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**20 minutes** walking,  
cycling, elliptical, rowing  
or swimming

*at a comfortable pace,  
very light work*

or



**30sec** step jacks

**30sec** side jacks

**30sec** step jacks

**30sec** side jacks

**30sec** step jacks

**30sec** side jacks

Repeat **5 times** in total

2 minutes rest between sets

# HARD RESET CARDIO

Day 15

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## PART 1



**30sec** high knees

**30sec** rest

Repeat **5** times in total

## PART 2



**20** flutter kicks



**20** knee-ins & twist

**30sec** rest

**20** flutter kicks

**20** knee-ins & twist

**30sec** rest



**20** flutter kicks

**20** knee-ins & twist



# HARD RESET CARDIO

Day 16

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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**20** bounces



**20** turning kicks



**20** punches (jab + cross)

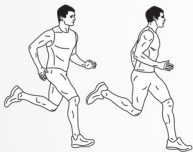


**20** combos jab + cross + turning kick

# HARD RESET CARDIO

Day 17

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or

**20 minutes** running,  
cycling, elliptical, rowing  
or swimming

*at a comfortable pace  
but get your heart rate up*



**30sec** jumping jacks

**30sec** high knees

**30sec** jumping jacks

**30sec** high knees

**30sec** jumping jacks

**30sec** high knees

Repeat **5 times in total**

2 minutes rest between sets

# HARD RESET CARDIO

Day 18

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**20 minutes** walking,  
cycling, elliptical, rowing  
or swimming

*at a comfortable pace,  
very light work*

or



**30sec** step jacks

**30sec** march steps

**30sec** step jacks

**30sec** march steps

**30sec** step jacks

**30sec** march steps

Repeat **5 times in total**

2 minutes rest between sets

# HARD RESET CARDIO

Day 19

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## PART 1



**30sec** climbers

**30sec** rest

Repeat **5** times in total

## PART 2

Hold each pose for **20 seconds** then move on to the next one.



# HARD RESET CARDIO

Day 20

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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**30** front kicks



**30combos** backfist + side kick

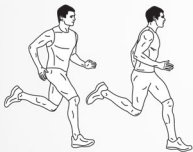


**30combos** jab + cross + side kick

# HARD RESET CARDIO

Day 21

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or



**20 minutes** running,  
cycling, elliptical, rowing  
or swimming

*at a comfortable pace  
but get your heart rate up*

**30sec** high knees

**30sec** butt kicks

**30sec** high knees

**30sec** jumping jacks

**30sec** high knees

**30sec** butt kicks

Repeat **5 times in total**

2 minutes rest between sets

# HARD RESET CARDIO

Day 22

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**20 minutes** walking,  
cycling, elliptical, rowing  
or swimming

*at a comfortable pace,  
very light work*

or



**30sec** step jacks

**30sec** side jacks

**30sec** step jacks

**30sec** side jacks

**30sec** step jacks

**30sec** side jacks

Repeat **5 times** in total

2 minutes rest between sets

# HARD RESET CARDIO

Day 23

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PART 1



**30sec** high knees

**30sec** rest

Repeat 5 times in total

PART 2



**20** sit-ups



**20** knee-ins & twist

**30sec** rest

**20** sit-ups

**20** knee-ins & twist

**30sec** rest



**20** sit-ups

**20** knee-ins & twist



# HARD RESET CARDIO

Day 24

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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**30** bounces



**30combos** elbow strike + knee strike

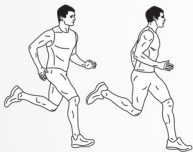


**30combos** jab + cross + turning kick

# HARD RESET CARDIO

Day 25

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or

**20 minutes** running,  
cycling, elliptical, rowing  
or swimming

*at a comfortable pace  
but get your heart rate up*



**30sec** jumping jacks

**30sec** high knees

**30sec** jumping jacks

**30sec** high knees

**30sec** jumping jacks

**30sec** high knees

Repeat **5 times in total**

2 minutes rest between sets

# HARD RESET CARDIO

Day 26

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**20 minutes** walking,  
cycling, elliptical, rowing  
or swimming

*at a comfortable pace,  
very light work*

or



**30sec** step jacks

**30sec** march steps

**30sec** step jacks

**30sec** march steps

**30sec** step jacks

**30sec** march steps

Repeat **5 times in total**

2 minutes rest between sets

# HARD RESET CARDIO

Day 27

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## PART 1



**30sec** climbers

**30sec** rest

Repeat **5** times in total

## PART 2

Hold each pose for **25 seconds** then move on to the next one.



# HARD RESET CARDIO

Day 28

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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**30combos** jab + cross + side kick



**30combos** jab + cross + turning kick

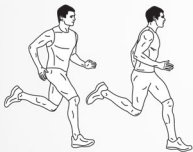


**30combos** elbow strike + knee strike

# HARD RESET CARDIO

Day 29

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or



**20 minutes** running,  
cycling, elliptical, rowing  
or swimming

*at a comfortable pace  
but get your heart rate up*

**30sec** high knees

**30sec** butt kicks

**30sec** high knees

**30sec** jumping jacks

**30sec** high knees

**30sec** butt kicks

Repeat **5 times in total**

2 minutes rest between sets

# HARD RESET CARDIO

Day 30

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**20 minutes** walking,  
cycling, elliptical, rowing  
or swimming

*at a comfortable pace,  
very light work*

or



**30sec** step jacks

**30sec** side jacks

**30sec** step jacks

**30sec** side jacks

**30sec** step jacks

**30sec** side jacks

Repeat **5 times** in total

2 minutes rest between sets