



FOUNDATION

LIGHT

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Foundation *light*

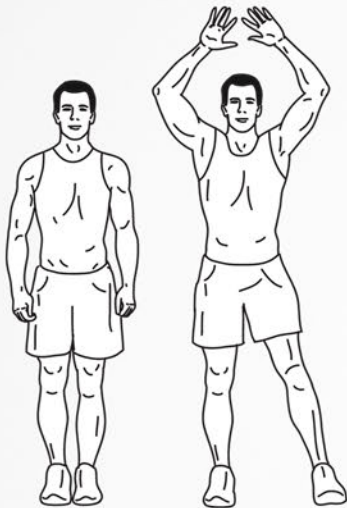
Day 1 | Fast Pace Cardio

Level I 3 sets

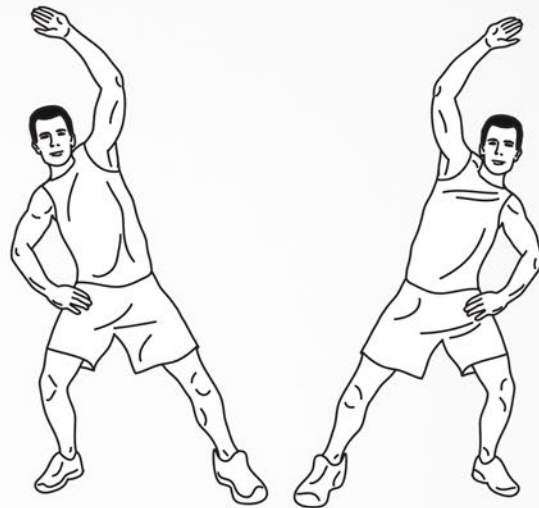
Level II 5 sets

Level III 7 sets

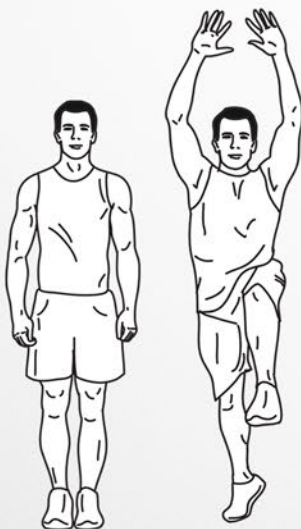
2 minutes rest between sets



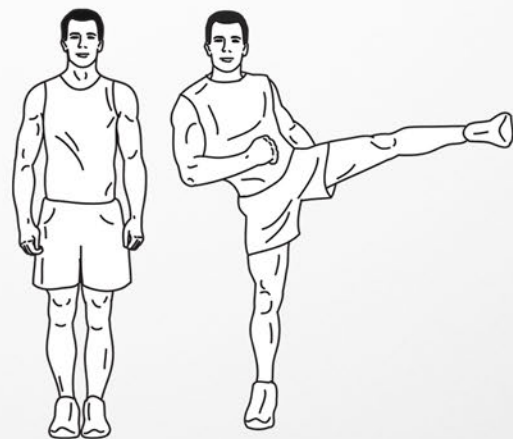
10 step jacks



10 side jacks



10 march jacks



10 side leg raises

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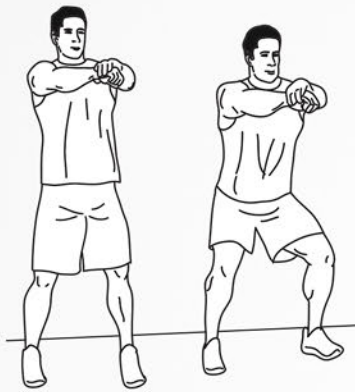
Day 2 | Strength

Level I 3 sets

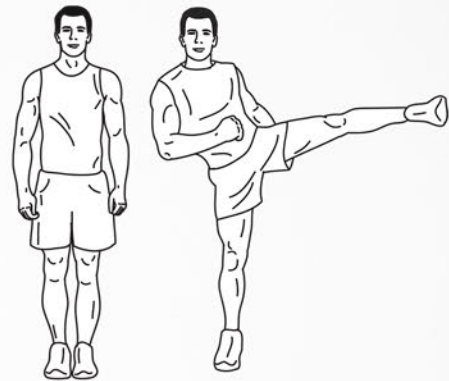
Level II 5 sets

Level III 7 sets

2 minutes rest between sets

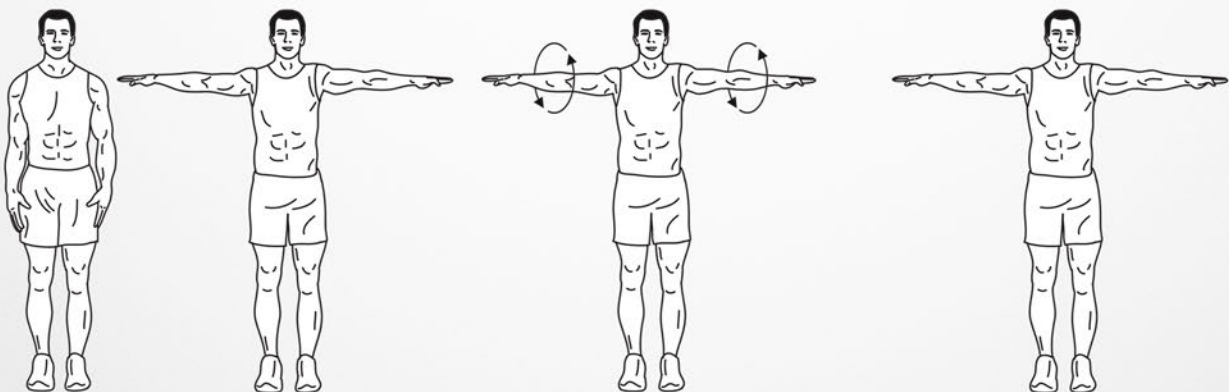


10 wall or half squats



10 side leg raises

it's ok to hold on to something



10 arm raises

10 raised arm circles

10-count arm hold

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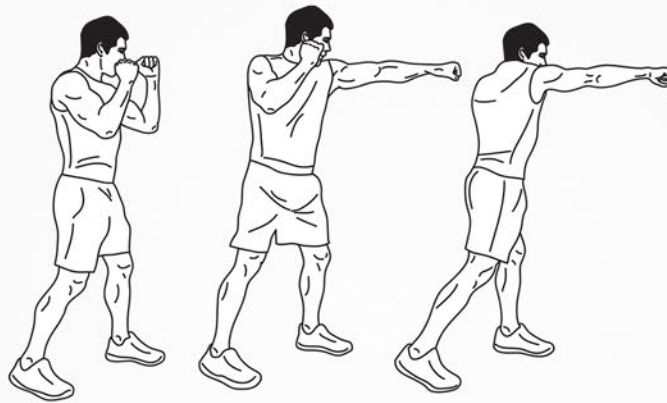
Day 3 | Fighter

Level I 3 sets

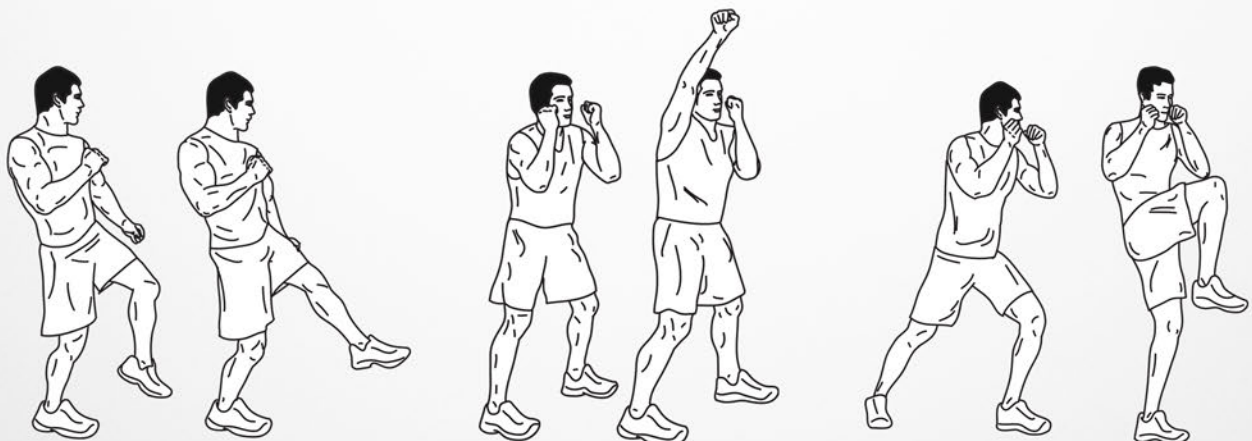
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 jab + jab + cross



10 low front kicks

10 overhead punches

10 knee strikes

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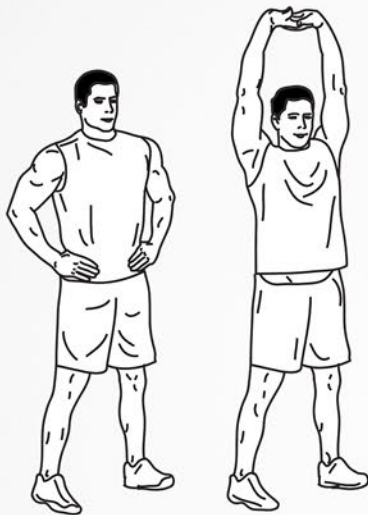
Day 4 | Stretching

Level I 3 sets

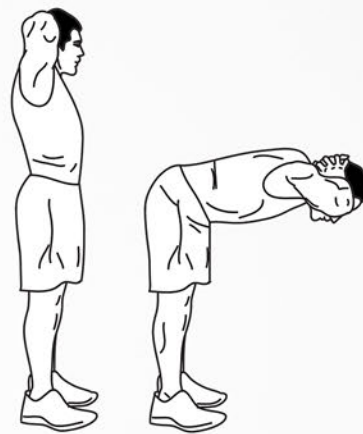
Level II 4 sets

Level III 5 sets

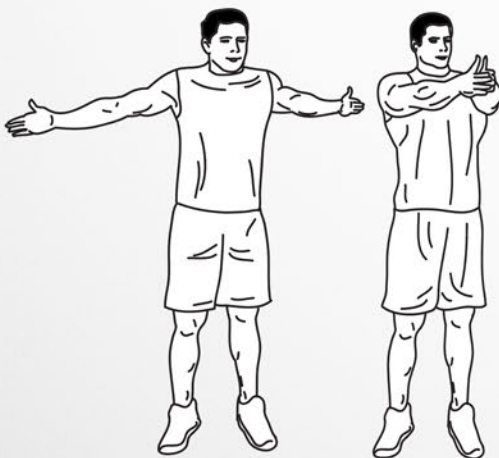
2 minutes rest between sets



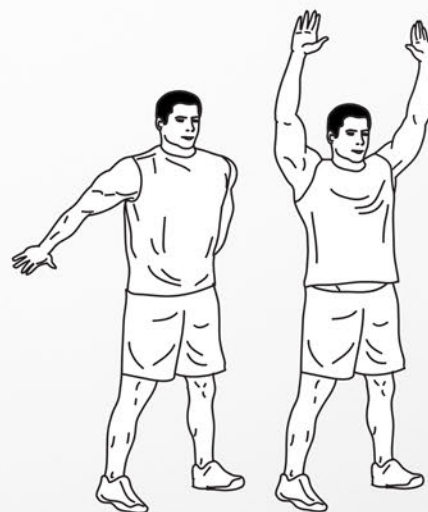
10 shoulder stretches



10 forward bends



10 chest expansions



10 arm rotations

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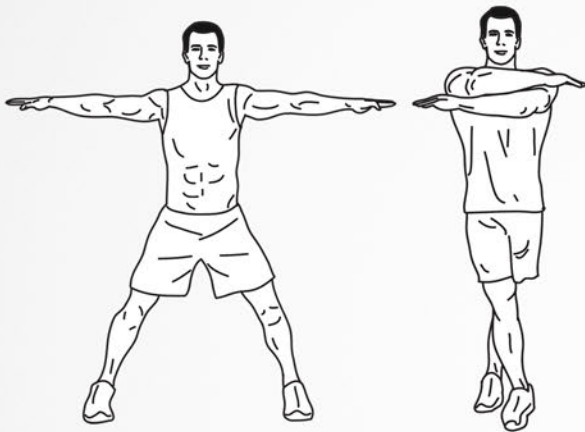
Day 5 | Fast Pace Cardio

Level I 3 sets

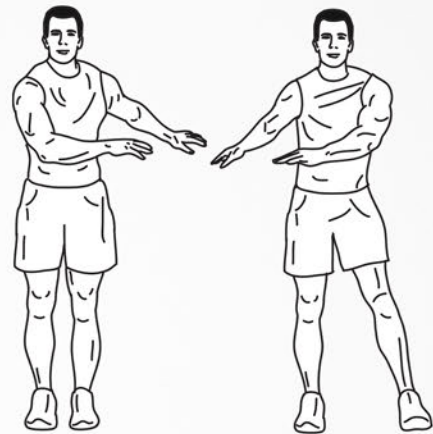
Level II 5 sets

Level III 7 sets

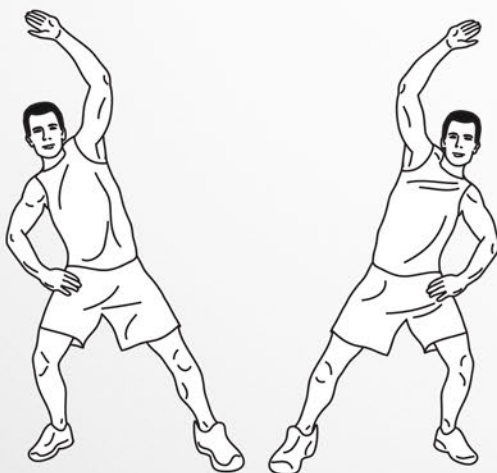
2 minutes rest between sets



16 cross step jacks



16 step twist jacks



16 side jacks



16 knee to elbows

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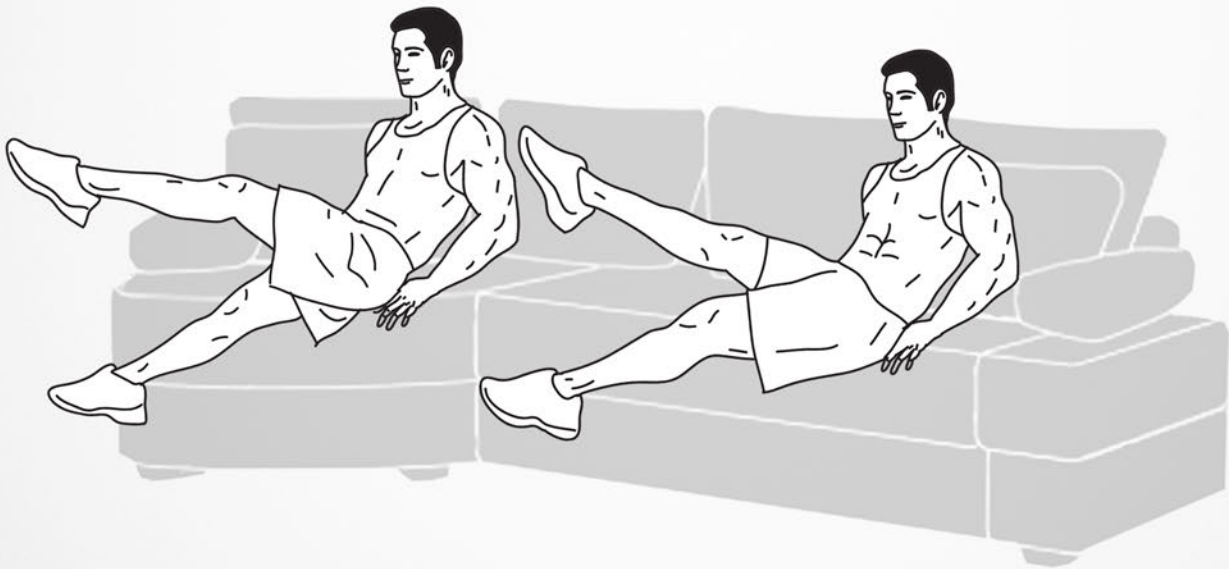
Day 6 | Flutter Kicks

Level I 40 reps in total

Level II 60 reps in total

Level III 80 reps in total

complete throughout the day



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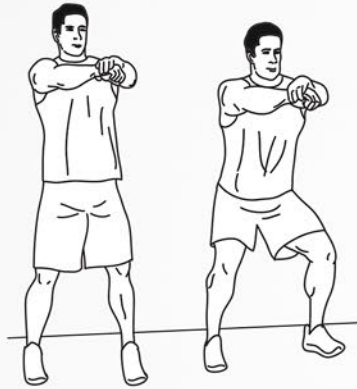
Day 7 | Strength

Level I 3 sets

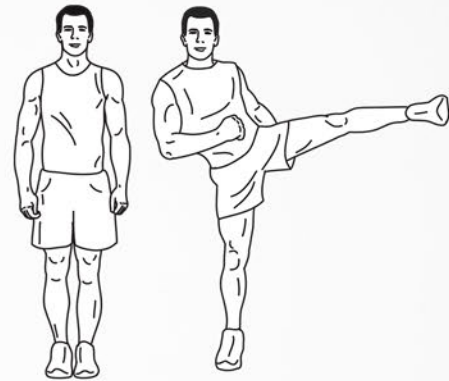
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



12 wall or half squats



12 side leg raises

it's ok to hold on to something



12 arm raises

12 raised arm circles

12 horizontal scissors

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Day 8 | Stretching

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

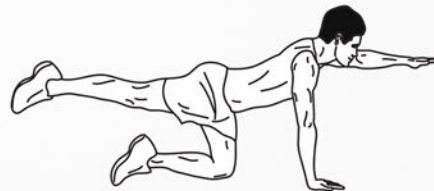


50

march steps warmup



10 back stretches



10 alt arm / leg raises



6 superman stretches



6 bridges

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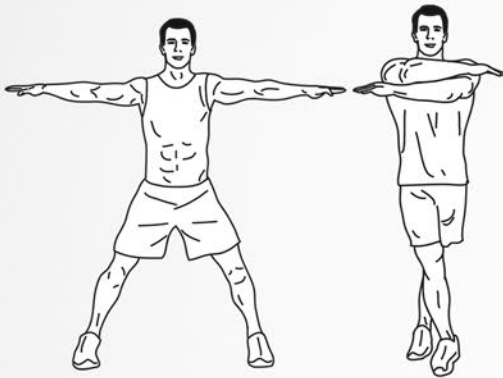
Day 9 | Fast Pace Cardio

Level I 3 sets

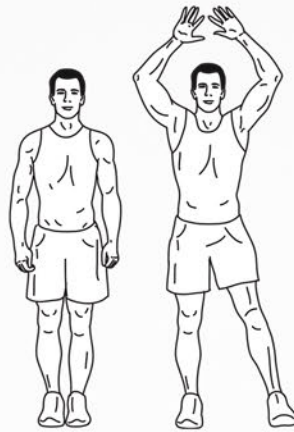
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



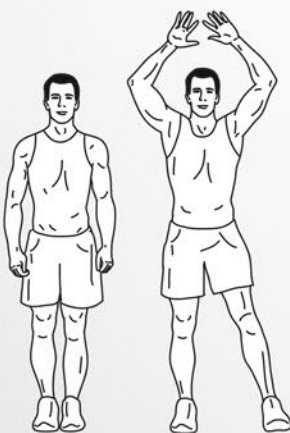
12 cross step jacks



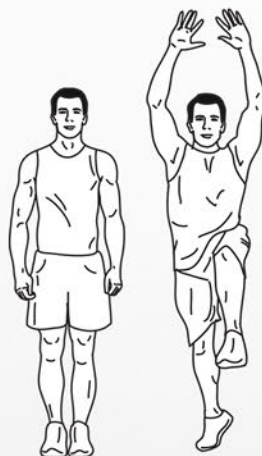
12 step jacks



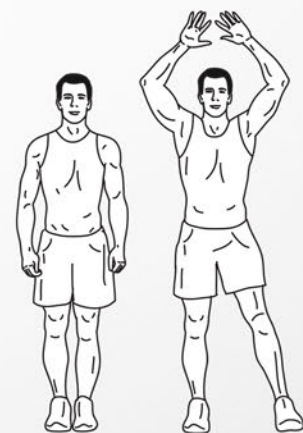
12 side jacks



12 step jacks



12 march jacks



12 step jacks

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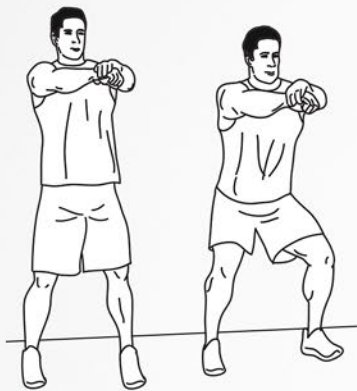
Day 10 | Strength

Level I 3 sets

Level II 5 sets

Level III 7 sets

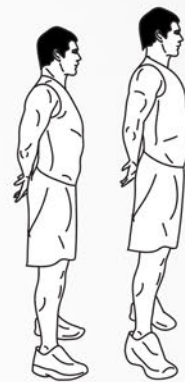
2 minutes rest between sets



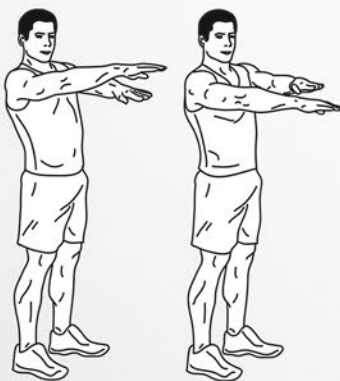
14 wall or half squats



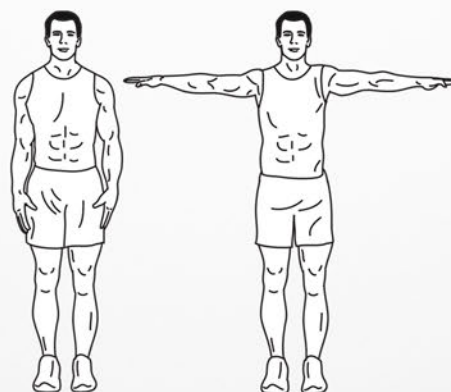
14 step back + step ups



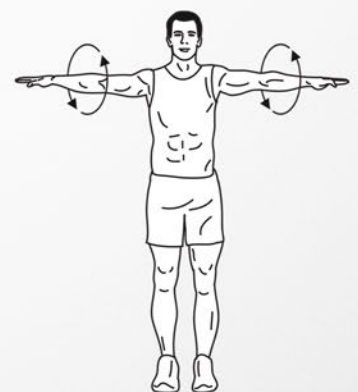
14 calf raises



20 arm scissors



20 arm raises



20 raised arm circles

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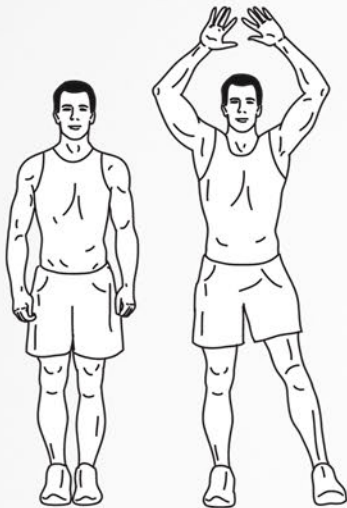
Day 11 | Fast Pace Cardio

Level I 3 sets

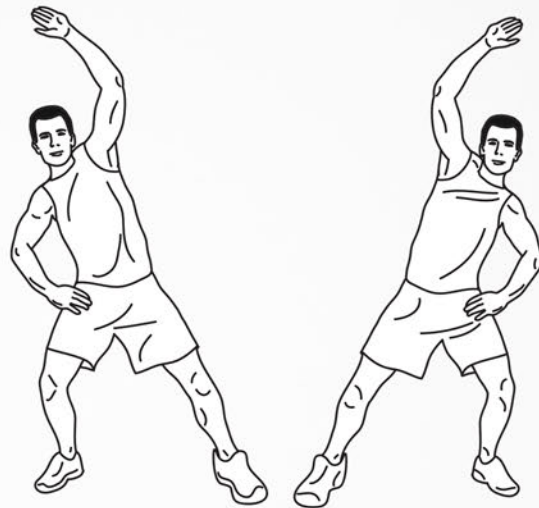
Level II 5 sets

Level III 7 sets

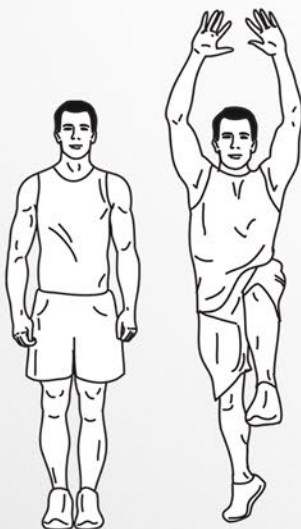
2 minutes rest between sets



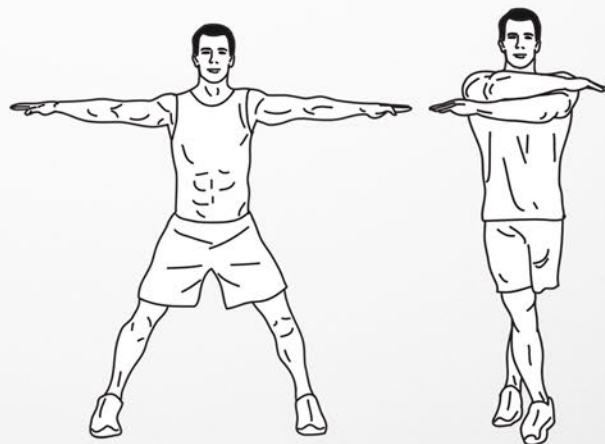
20 step jacks



20 side jacks



20 march jacks



20 cross step jacks

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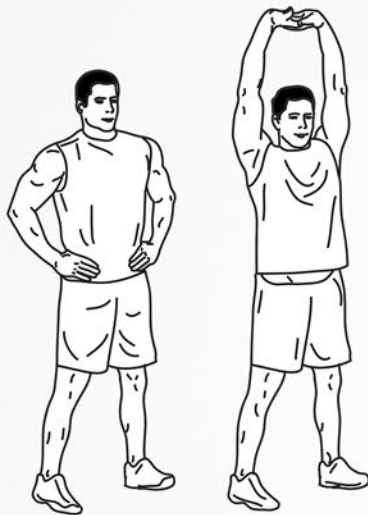
Day 12 | Stretching

Level I 3 sets

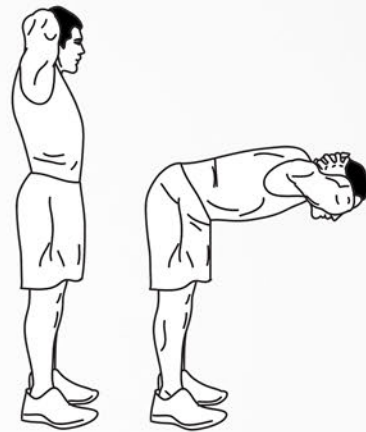
Level II 4 sets

Level III 5 sets

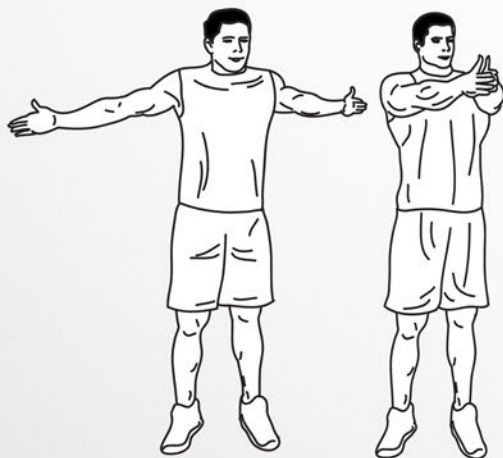
2 minutes rest between sets



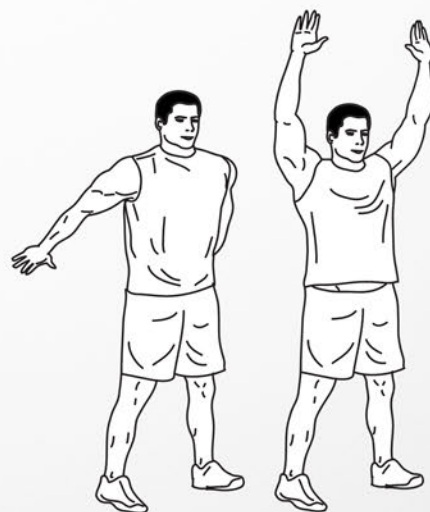
15 shoulder stretches



15 forward bends



15 chest expansions



15 arm rotations

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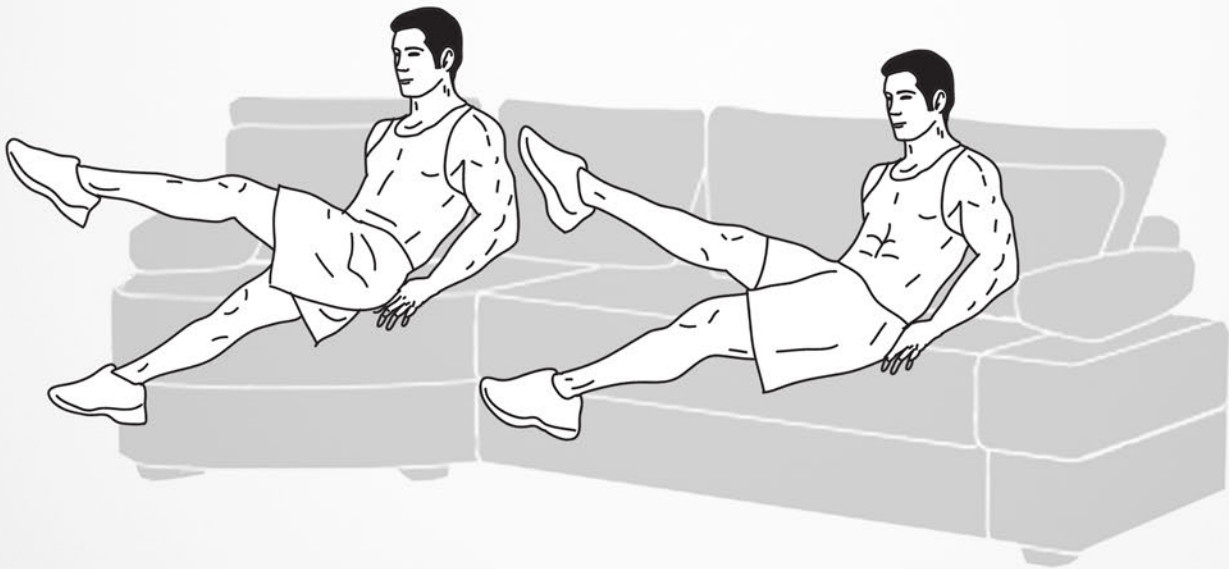
Day 13 | Flutter Kicks

Level I 60 reps in total

Level II 80 reps in total

Level III 100 reps in total

complete throughout the day



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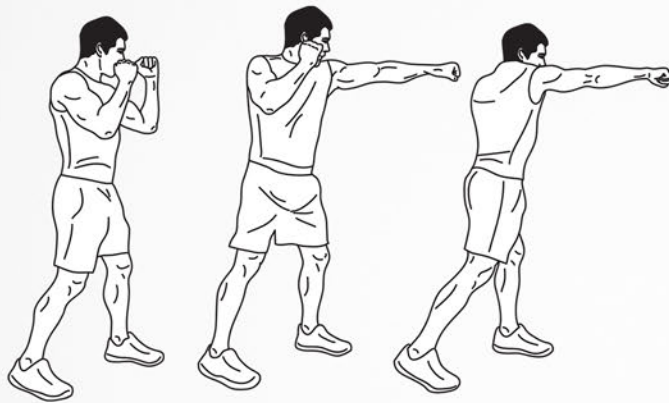
Day 14 | Fighter

Level I 3 sets

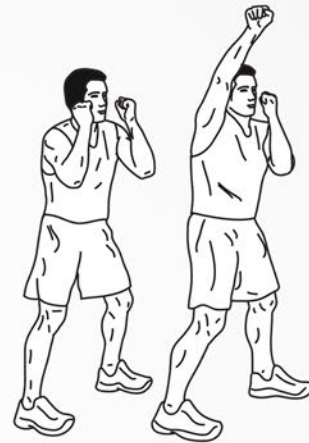
Level II 5 sets

Level III 7 sets

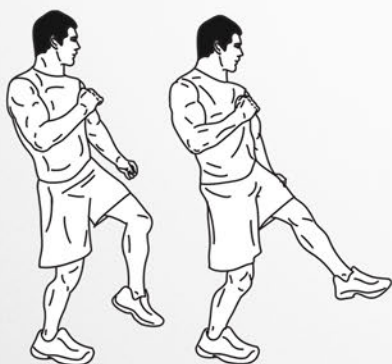
2 minutes rest between sets



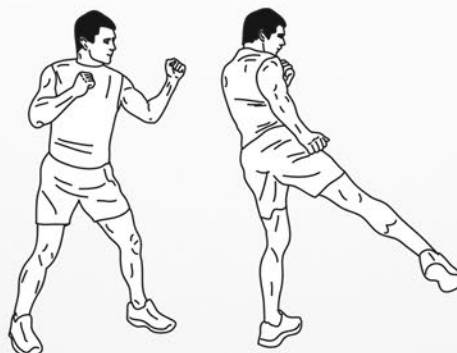
20 jab + jab + cross



20 overhead punches



10 low front snap kicks



10 low turning kicks



10 knee strikes

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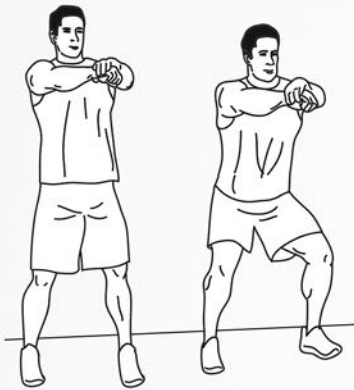
Day 15 | Strength

Level I 3 sets

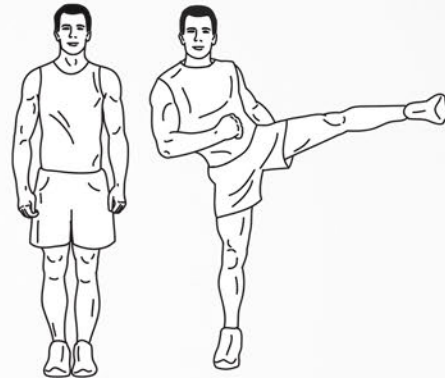
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



16 wall or half squats



16 side leg raises

it's ok to hold on to something



22 arm raises

22 raised arm circles

22 horizontal scissors

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Day 16 | Stretching

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

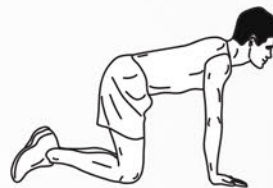


80

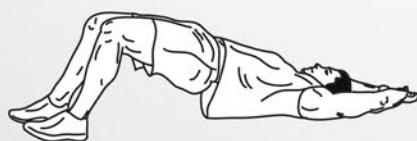
march steps warmup



14 back stretches



14 alt arm / leg raises



14 bridges



14 knee rolls

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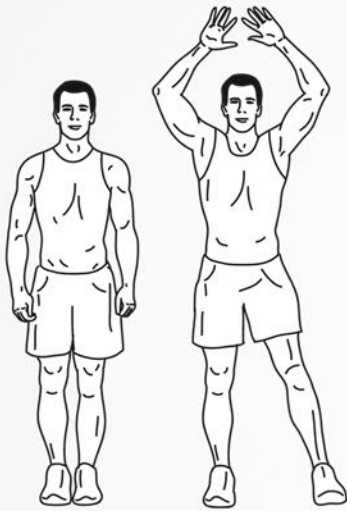
Day 17 | Fast Pace Cardio

Level I 3 sets

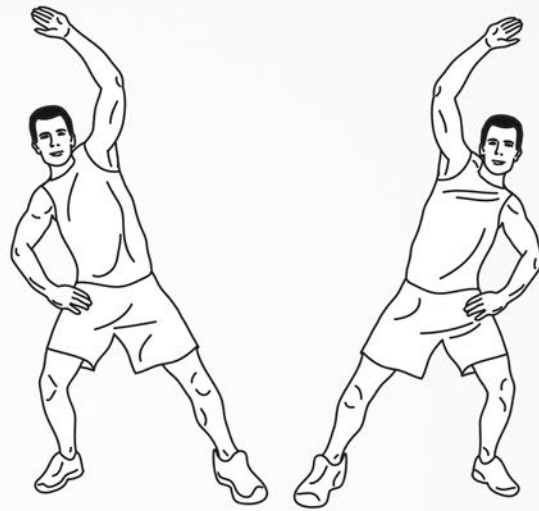
Level II 5 sets

Level III 7 sets

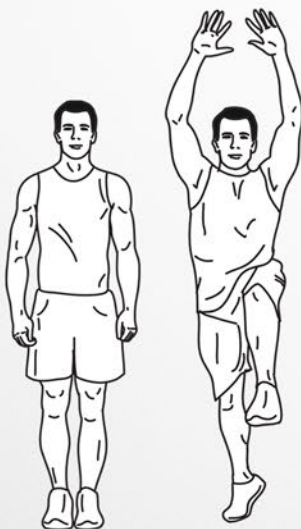
2 minutes rest between sets



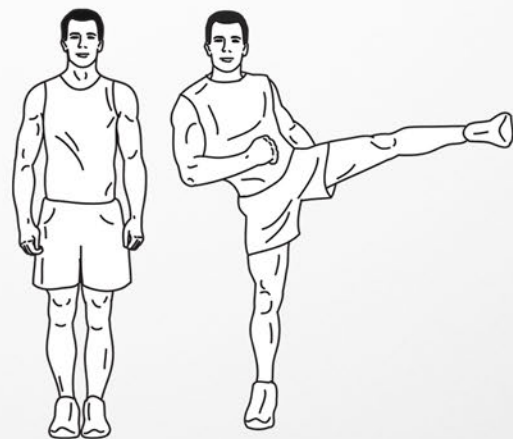
22 step jacks



22 side jacks



22 march jacks



22 side leg raises

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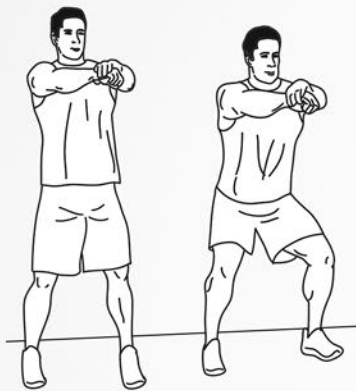
Day 18 | Strength

Level I 3 sets

Level II 5 sets

Level III 7 sets

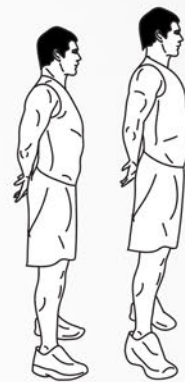
2 minutes rest between sets



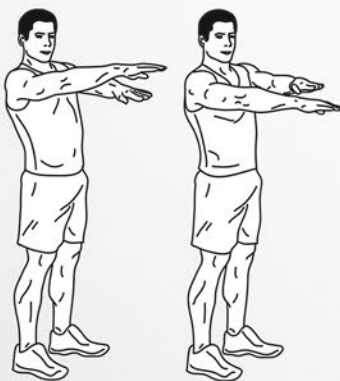
18 wall or half squats



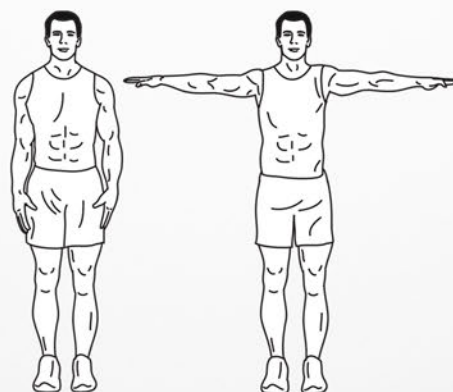
18 step back + step ups



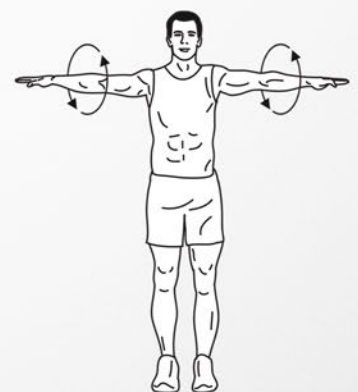
18 calf raises



26 arm scissors



26 arm raises



26 raised arm circles

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Day 19 | Fast Pace Cardio

Level I 3 sets

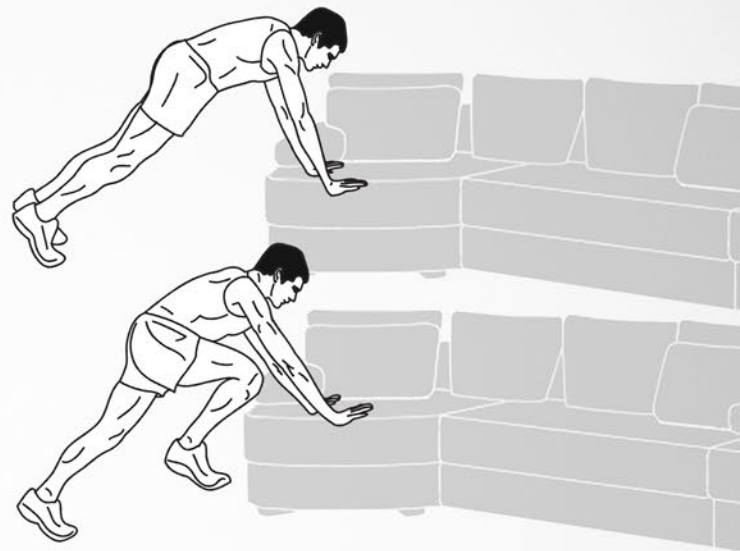
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



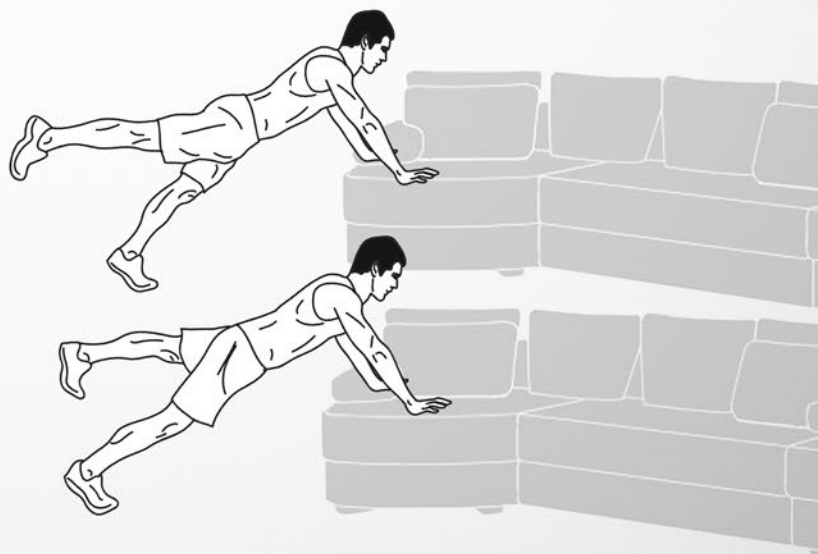
20 march steps



6 incline slow climbers



20 march steps



6 incline plank leg raises

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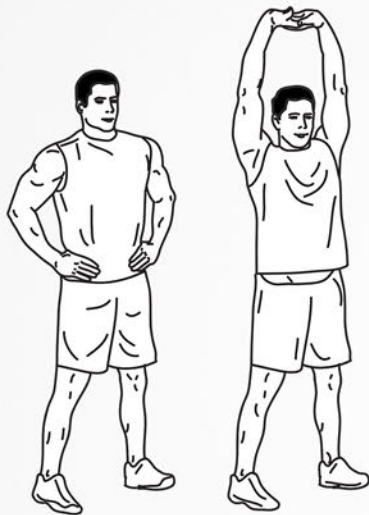
Day 20 | Stretching

Level I 3 sets

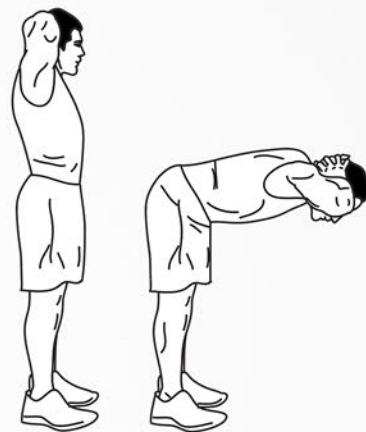
Level II 4 sets

Level III 5 sets

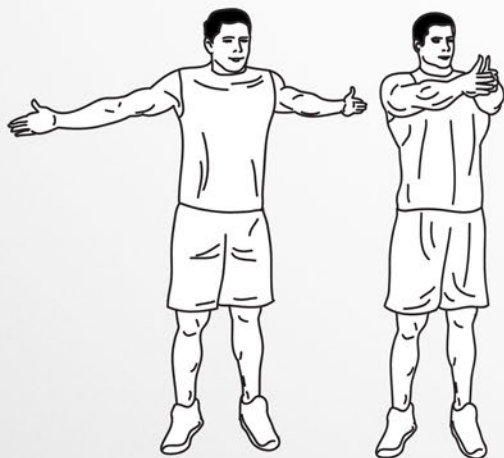
2 minutes rest between sets



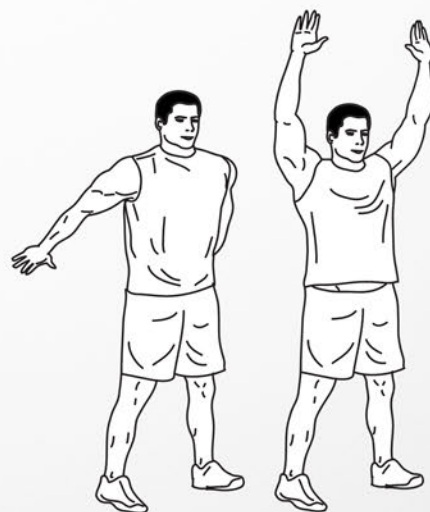
16 shoulder stretches



16 forward bends



16 chest expansions



16 arm rotations

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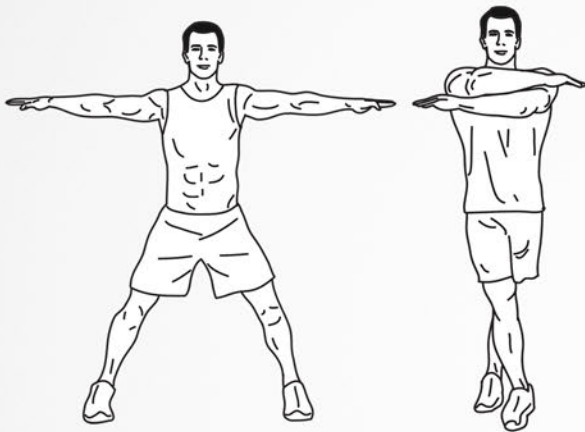
Day 21 | Fast Pace Cardio

Level I 3 sets

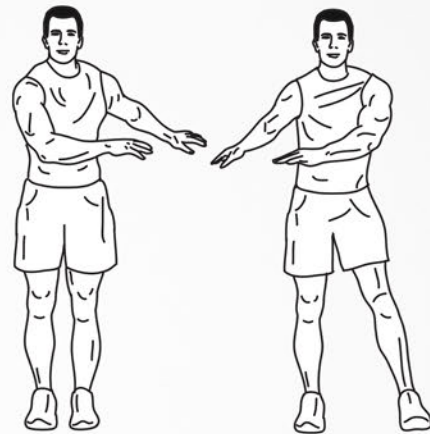
Level II 5 sets

Level III 7 sets

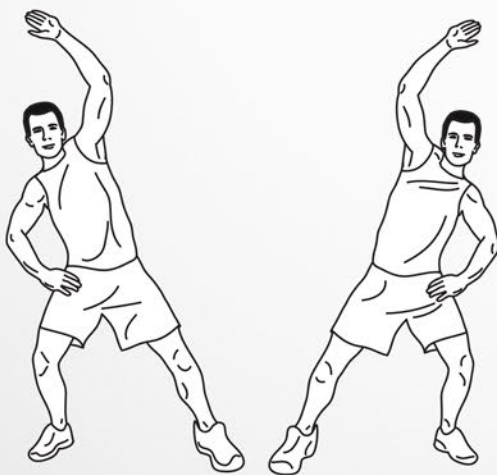
2 minutes rest between sets



30 cross step jacks



30 step twist jacks



30 side jacks



30 knee to elbows

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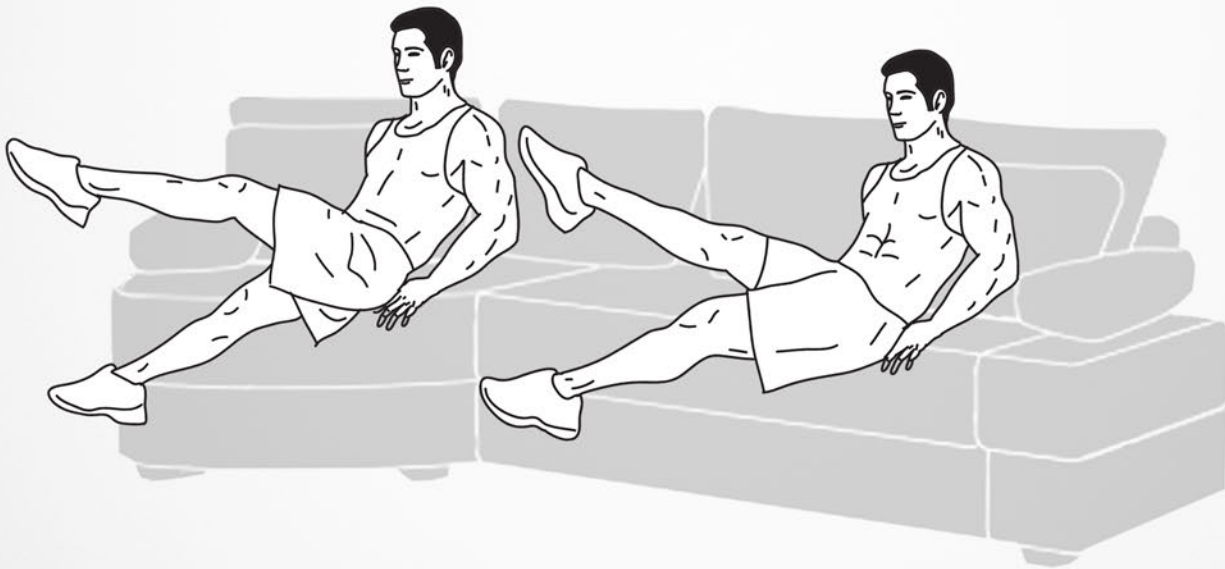
Day 22 | Flutter Kicks

Level I 80 reps in total

Level II 100 reps in total

Level III 120 reps in total

complete throughout the day



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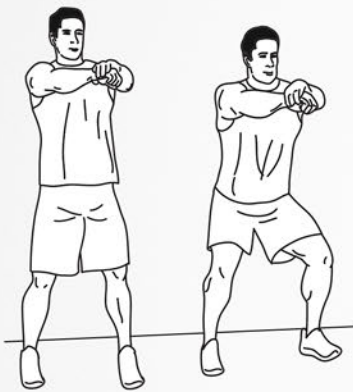
Day 23 | Strength

Level I 3 sets

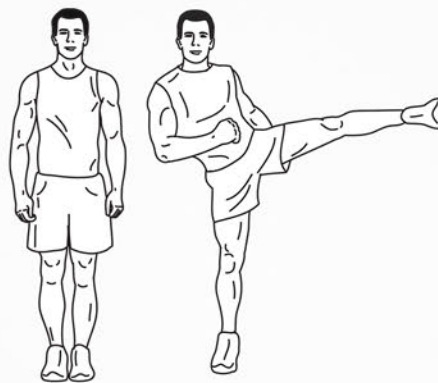
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



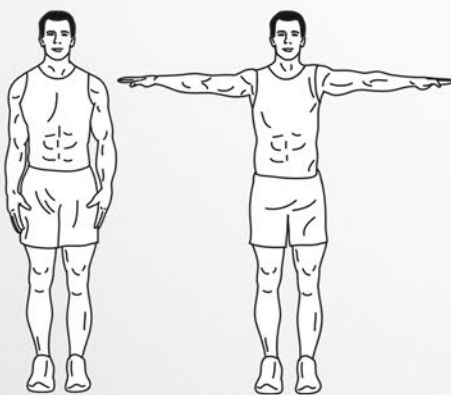
20 wall or half squats



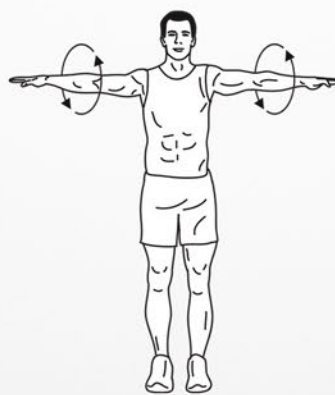
20 side leg raises



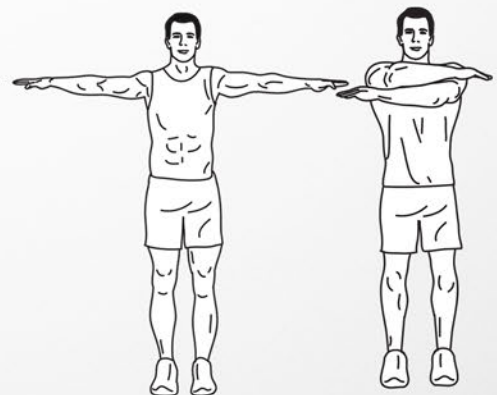
20 step back + step ups



30 arm raises



30 raised arm circles



30 horizontal scissors

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Day 24 | Stretching

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



100

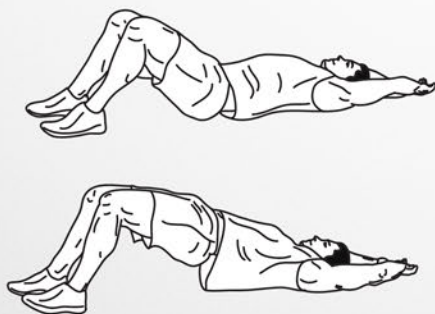
march steps warmup



16 back stretches



16 alt arm / leg raises



16 bridges



16 knee rolls

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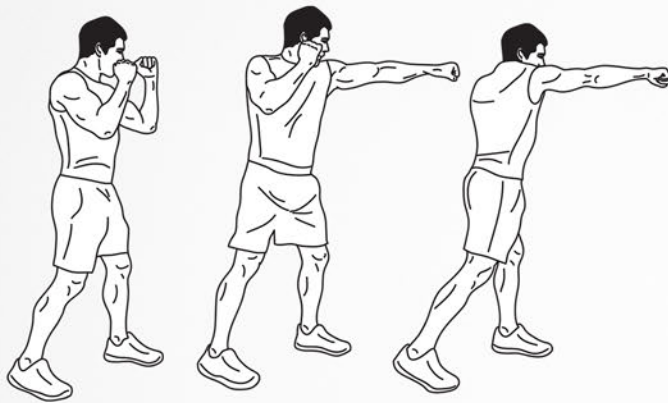
Day 25 | Fighter

Level I 3 sets

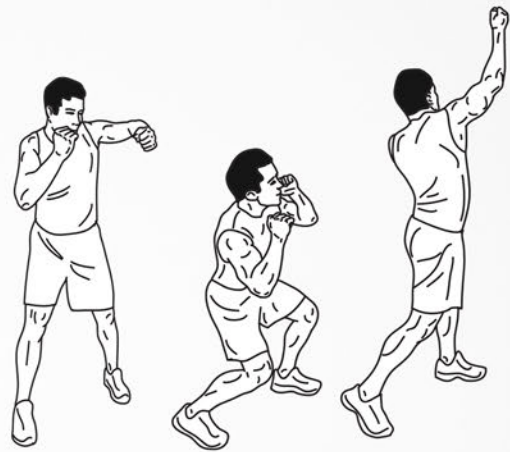
Level II 5 sets

Level III 7 sets

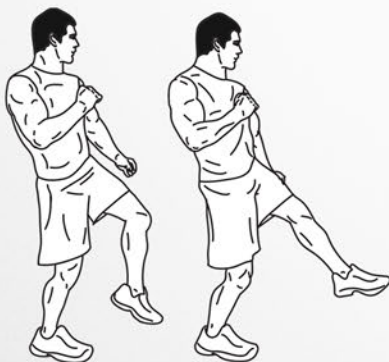
2 minutes rest between sets



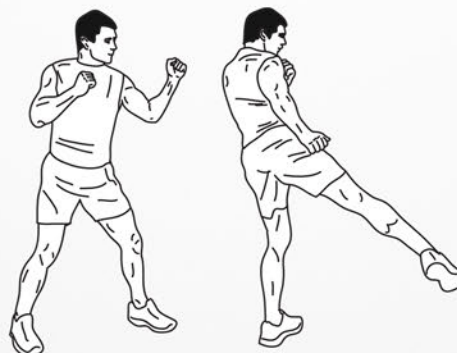
16 jab + jab + cross



16 hook + uppercut



16 low front snap kicks



16 low turning kicks



16 knee strikes

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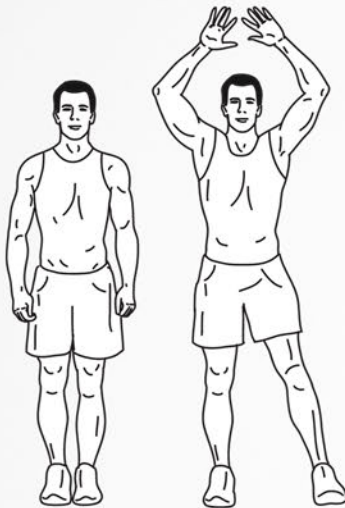
Day 26 | Fast Pace Cardio

Level I 3 sets

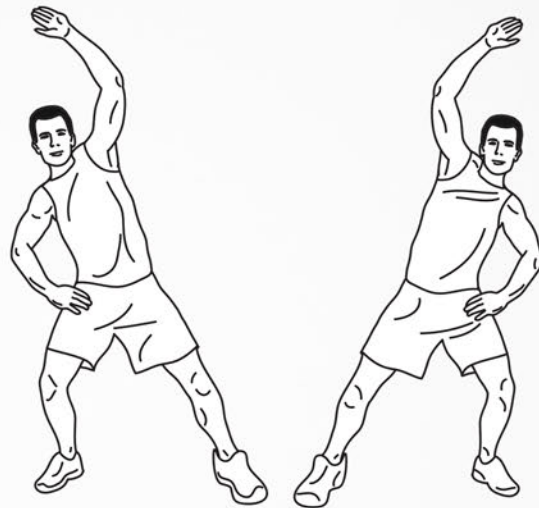
Level II 5 sets

Level III 7 sets

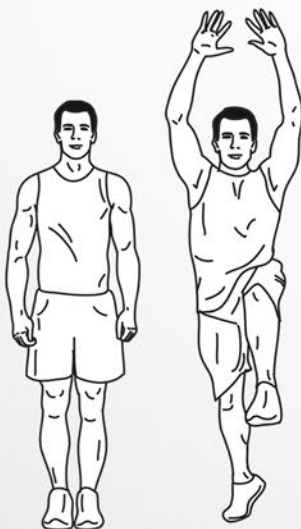
2 minutes rest between sets



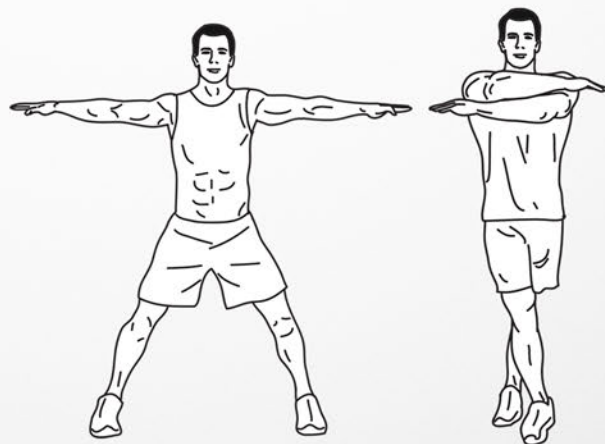
30 step jacks



30 side jacks



30 march jacks



30 cross step jacks

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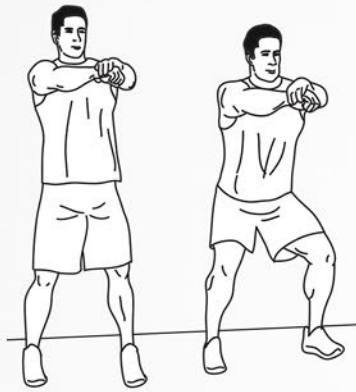
Day 27 | Strength

Level I 3 sets

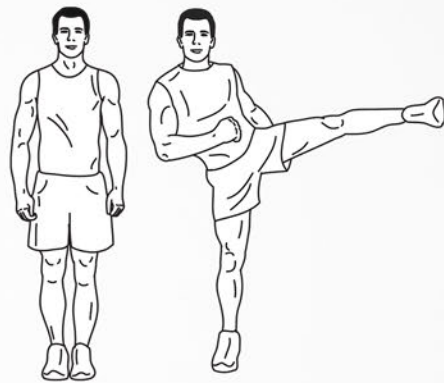
Level II 5 sets

Level III 7 sets

2 minutes rest between sets

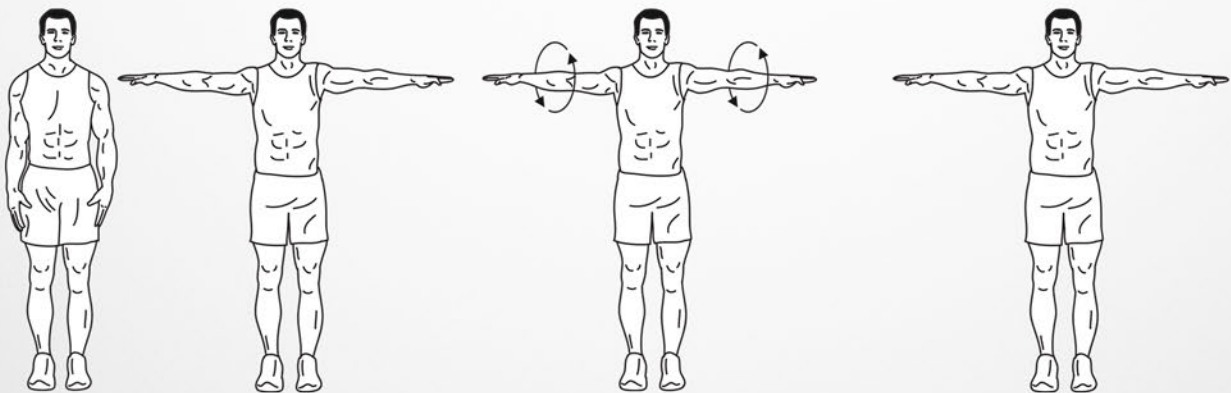


22 wall or half squats



22 side leg raises

it's ok to hold on to something



30 arm raises

30 raised arm circles

30-count arm hold

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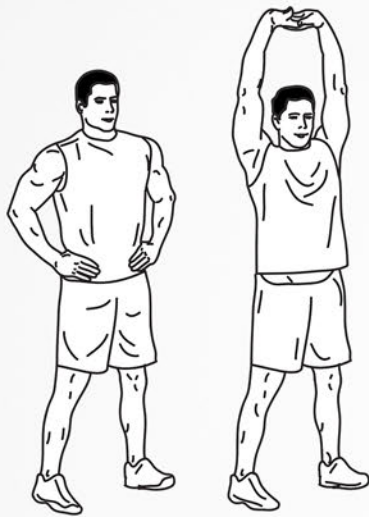
Day 28 | Stretching

Level I 3 sets

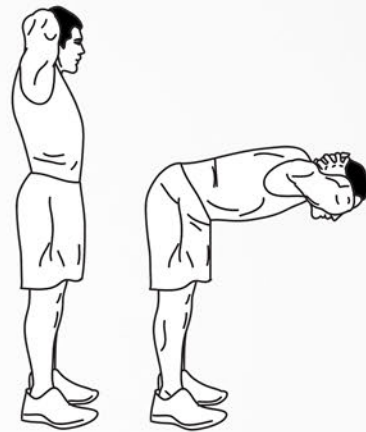
Level II 4 sets

Level III 5 sets

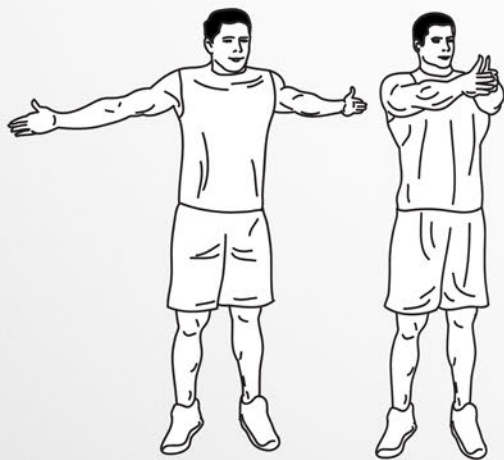
2 minutes rest between sets



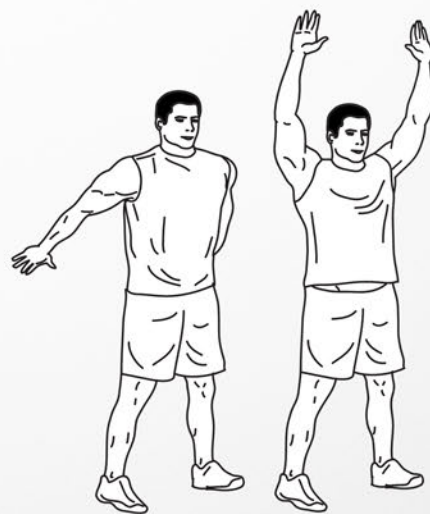
20 shoulder stretches



20 forward bends



20 chest expansions



20 arm rotations

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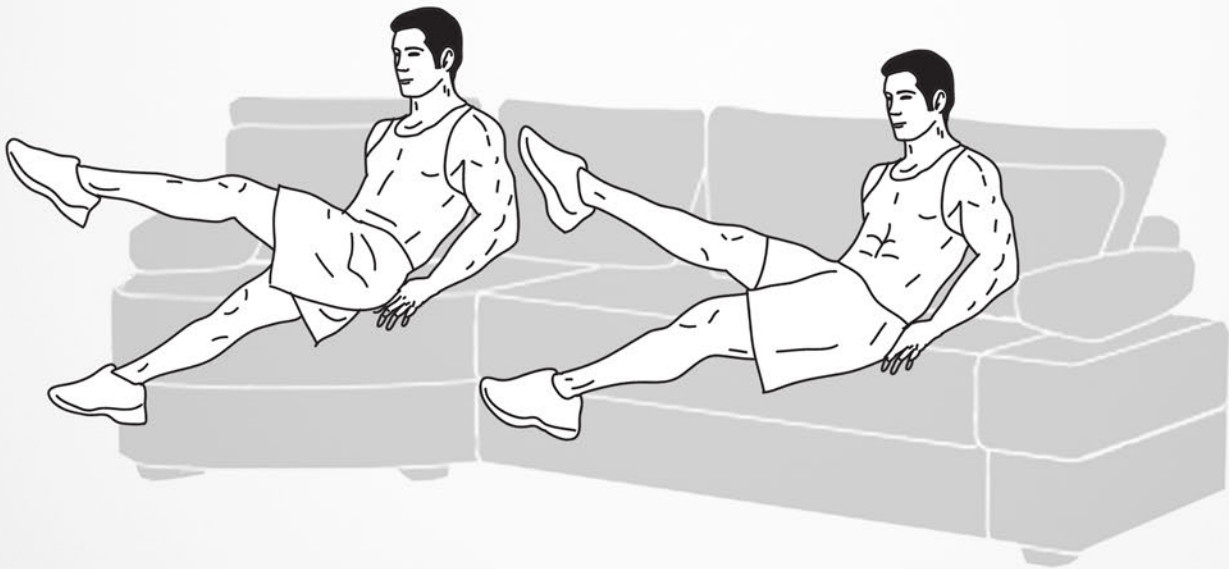
Day 29 | Flutter Kicks

Level I 100 reps in total

Level II 120 reps in total

Level III 140 reps in total

complete throughout the day



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Day 30 | Fast Pace Cardio

Level I 3 sets

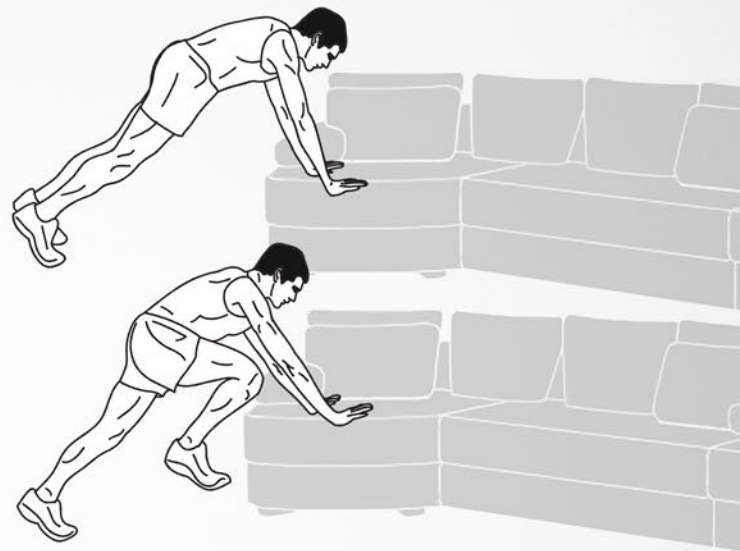
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



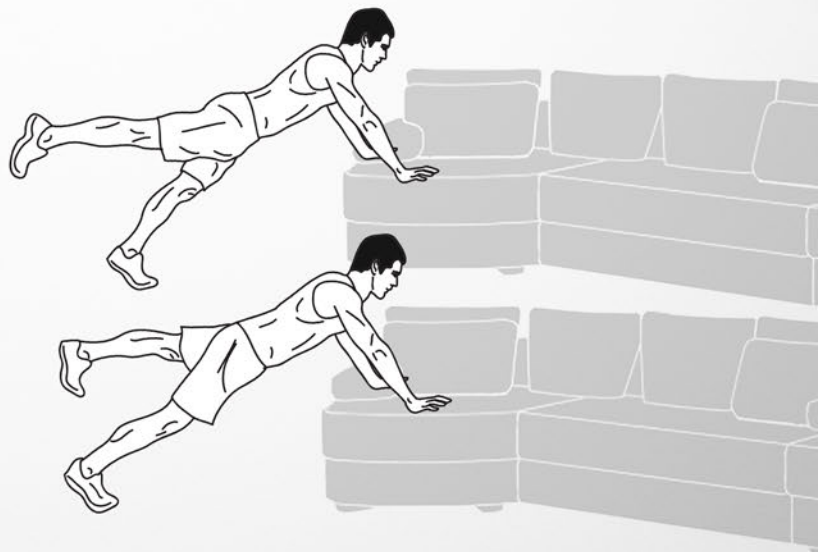
40 march steps



8 incline slow climbers



40 march steps



8 incline plank leg raises

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