

FOUNDATION

fitness

LOW IMPACT BODYWEIGHT TRAINING

Foundation

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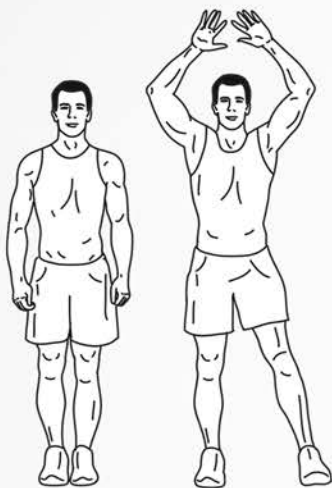
Day 1 | Fast Pace Cardio

Level I 3 sets

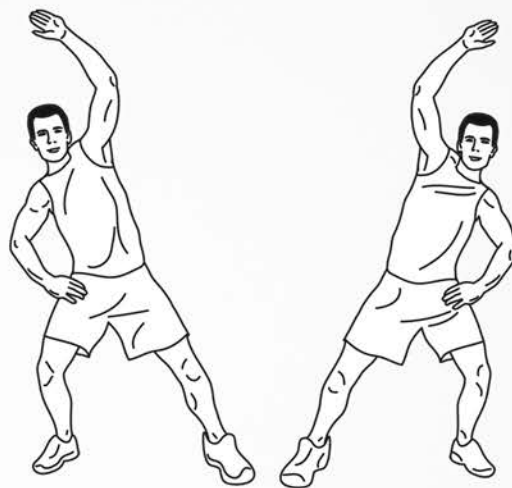
Level II 5 sets

Level III 7 sets

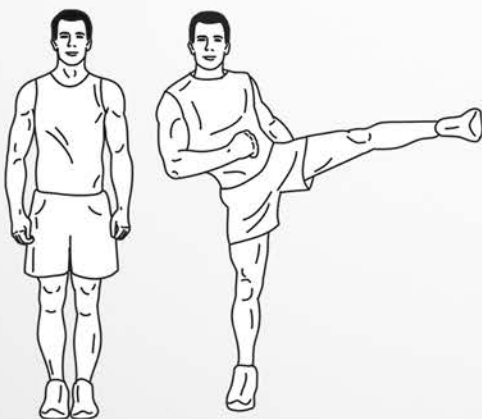
2 minutes rest between sets



10 step jacks



10 side jacks



10 side leg raises



10 knee-to-elbows

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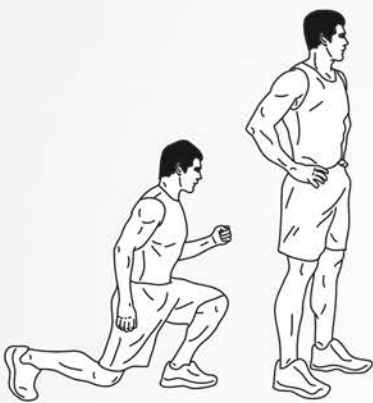
Day 2 | Strength

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



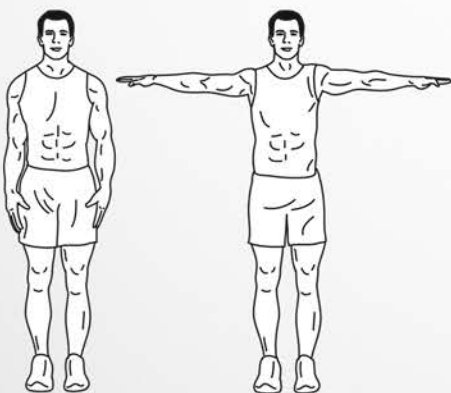
6 reverse lunges



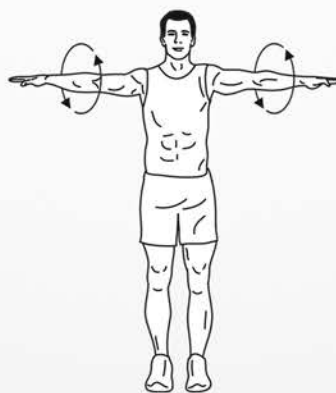
6 squats



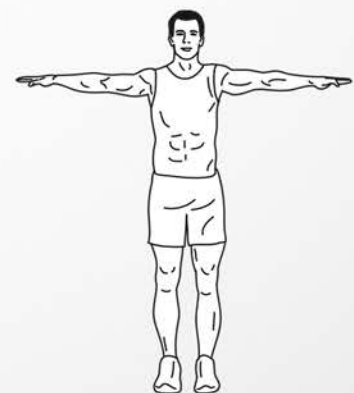
6-count squat hold



20 arm raises



20 raised arm circles



20-count arm hold

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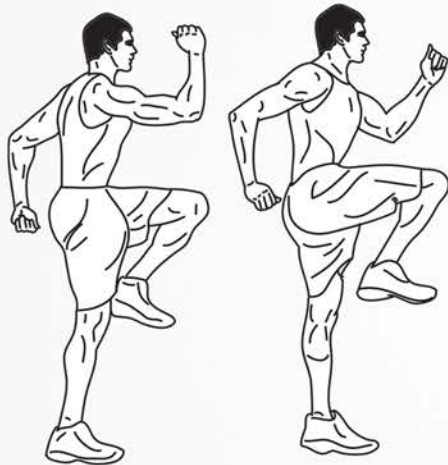
Day 3 | Fast Pace Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 march steps

4 high knees

10 march steps

4 high knees



10 march steps

4 high knees

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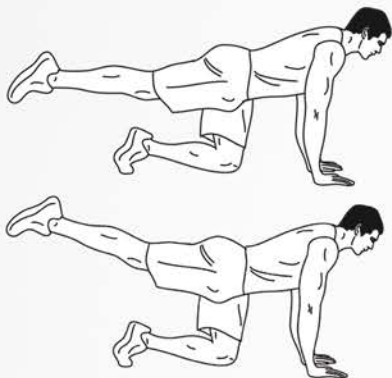
Day 4 | Tendon Strength

Level I 3 sets

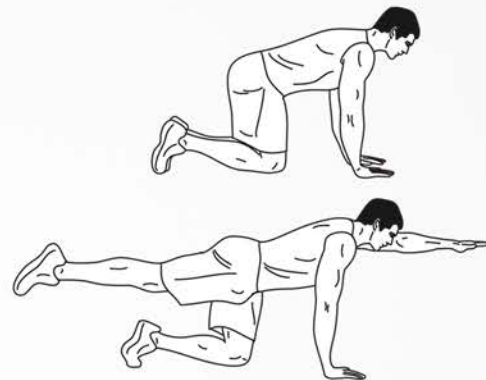
Level II 4 sets

Level III 5 sets

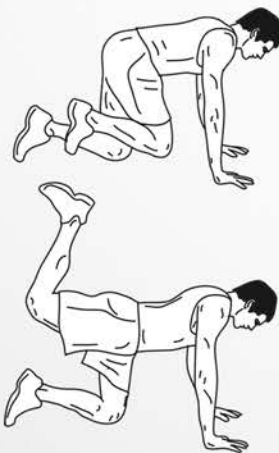
2 minutes rest between sets



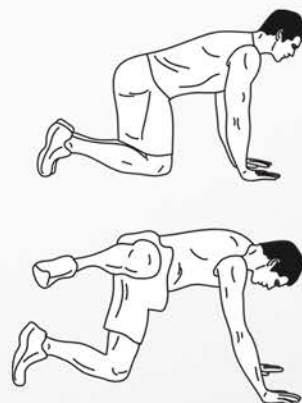
20 raised leg swings



10 alt arm / leg raises



20 upward leg extensions



10 side leg extensions

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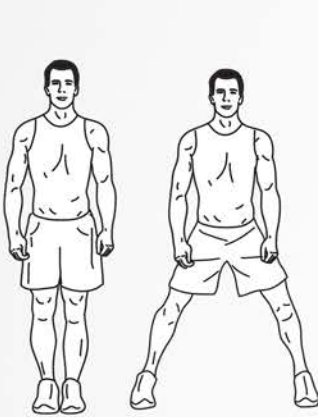
Day 5 | Fast Pace Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

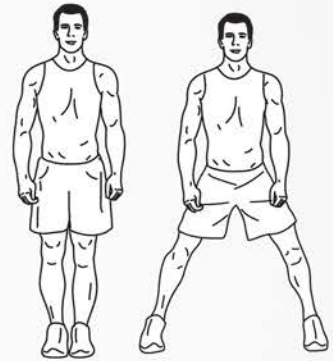
2 minutes rest between sets



4 half jacks



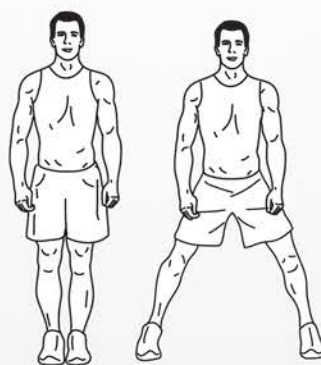
10 side jacks



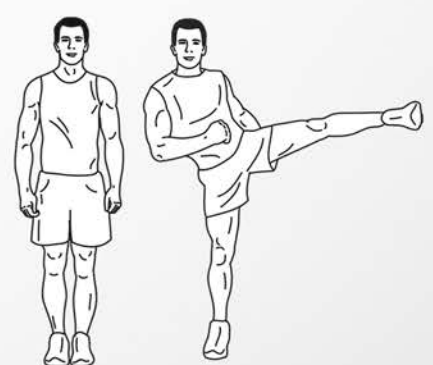
4 half jacks



10 knee-to-elbows



4 half jacks



10 side leg raises

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Day 6 | Abs & Core

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



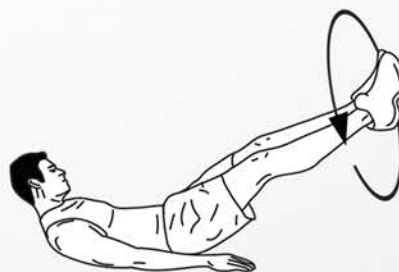
10 crunches



10 flutter kicks



6 sitting twists



6 raised leg circles

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Day 7 | Strength

Level I 3 sets

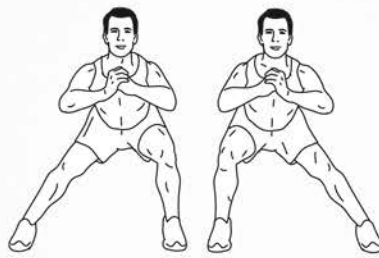
Level II 5 sets

Level III 7 sets

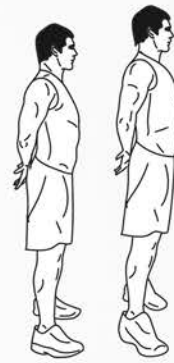
2 minutes rest between sets



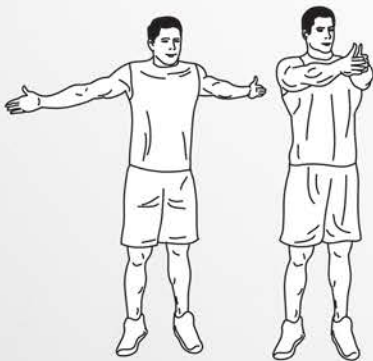
4 lunges



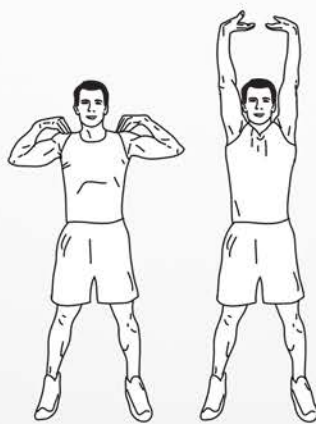
4 side-to-side lunges



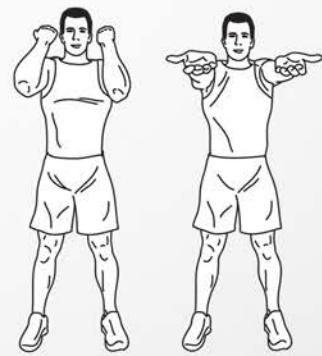
4 calf raises



20 chest expansions



20 standing shoulder taps



20 bicep extensions

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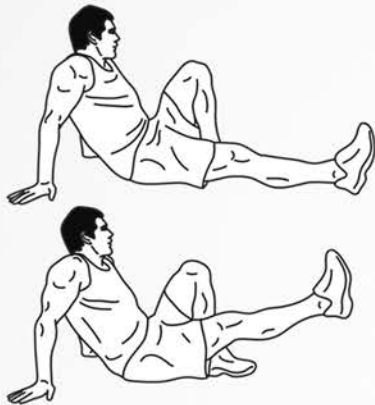
Day 8 | Tendon Strength

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



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



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

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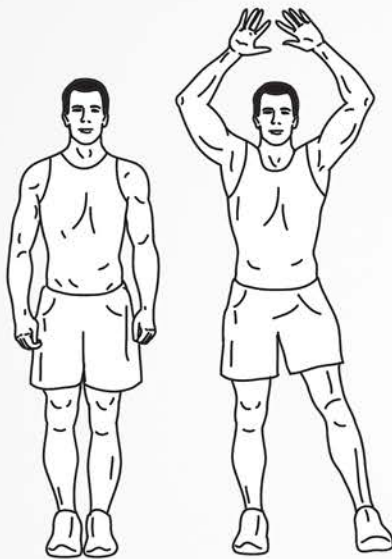
Day 9 | Fast Pace Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

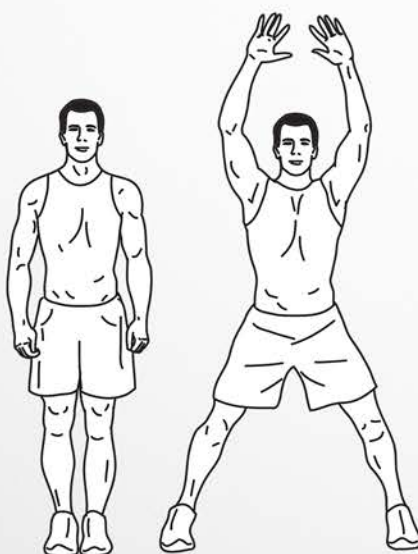


10 step jacks

2 jumping jacks

10 step jacks

2 jumping jacks



10 step jacks

2 jumping jacks

10 step jacks

2 jumping jacks

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Day 10 | Strength

Level I 3 sets

Level II 5 sets

Level III 7 sets

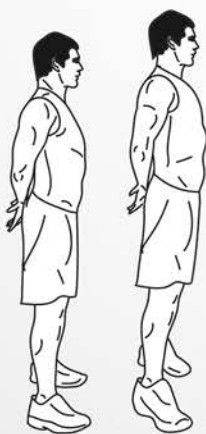
2 minutes rest between sets



10 squats



10-count squat hold



10 calf raises



10-count calf raise hold

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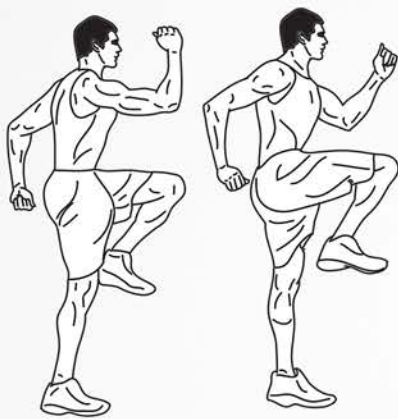
Day 11 | Fast Pace Cardio

Level I 3 sets

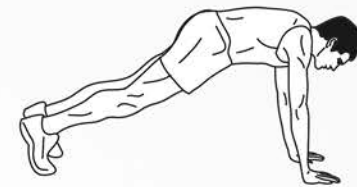
Level II 5 sets

Level III 7 sets

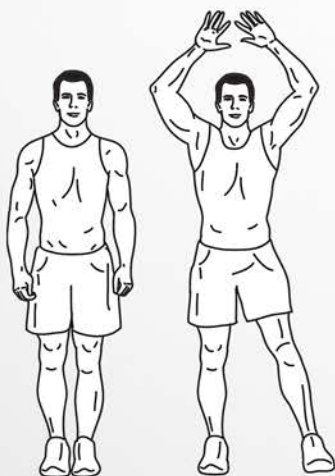
2 minutes rest between sets



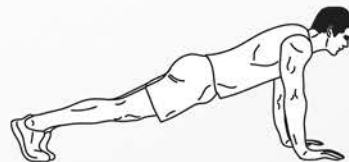
20 march steps



6 slow climbers



20 step jacks



6 shoulder taps

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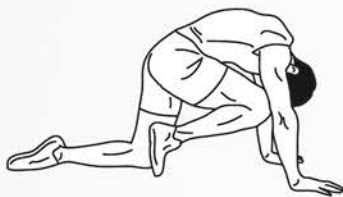
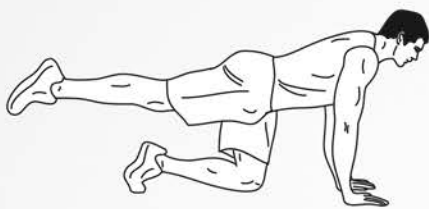
Day 12 | Tendon Strength

Level I 3 sets

Level II 4 sets

Level III 5 sets

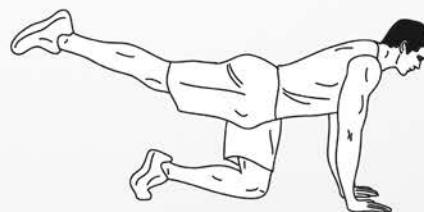
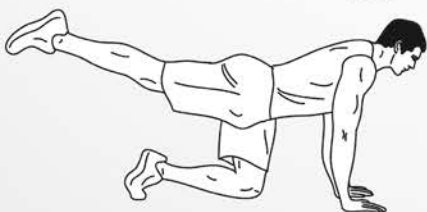
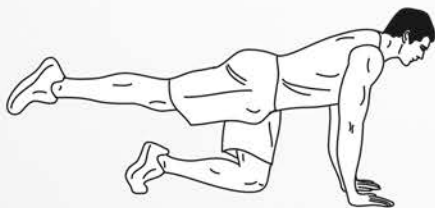
2 minutes rest between sets



10 knee-in & stretch



10 upward leg extensions



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

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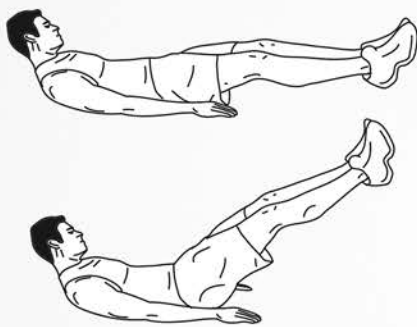
Day 13 | Abs & Core

Level I 3 sets

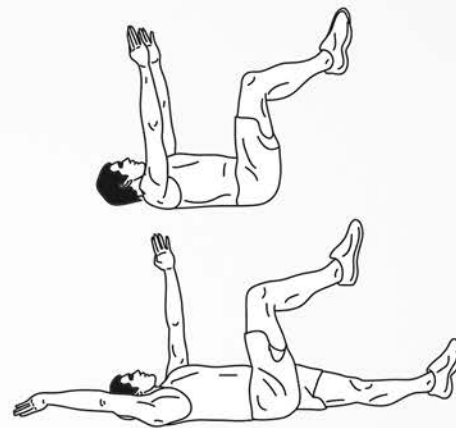
Level II 4 sets

Level III 5 sets

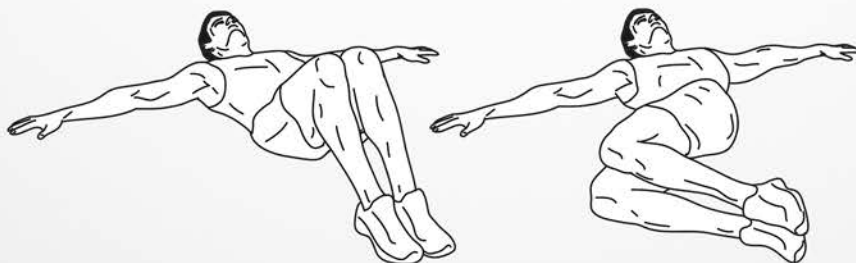
2 minutes rest between sets



10 leg raises



10 dead bugs



10 knee rolls

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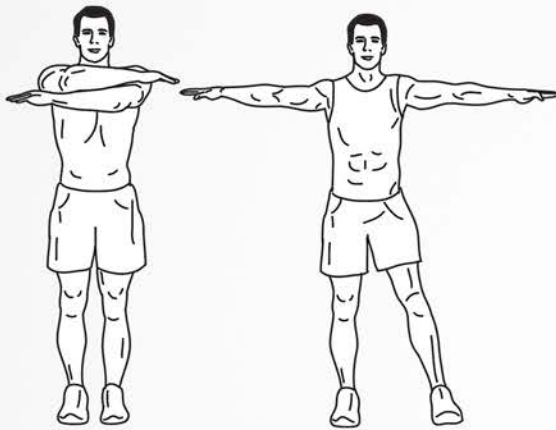
Day 14 | Fast Pace Cardio

Level I 3 sets

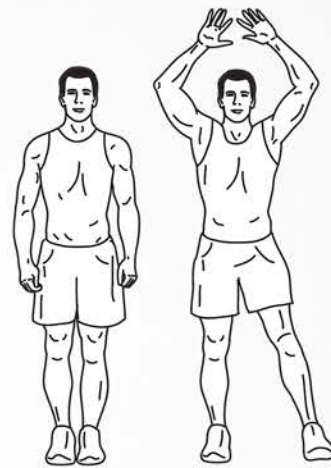
Level II 5 sets

Level III 7 sets

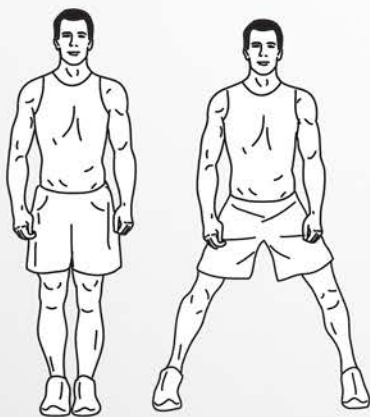
2 minutes rest between sets



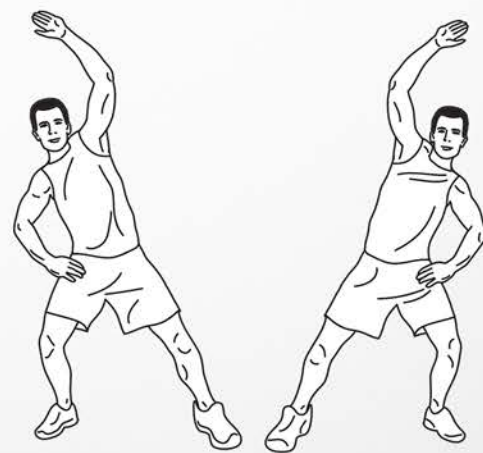
10 step extensions



10 step jacks



10 half jacks



10 side jacks

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Day 15 | Strength

Level I 3 sets

Level II 5 sets

Level III 7 sets

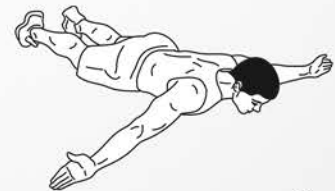
2 minutes rest between sets



8 bridges

8-count bridge hold

8 bridges



10 prone reverse flyes

10 W-extensions

10 prone reverse flyes

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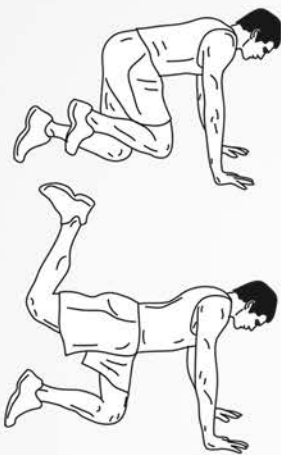
Day 16 | Tendon Strength

Level I 3 sets

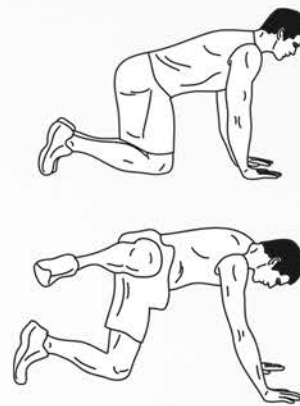
Level II 4 sets

Level III 5 sets

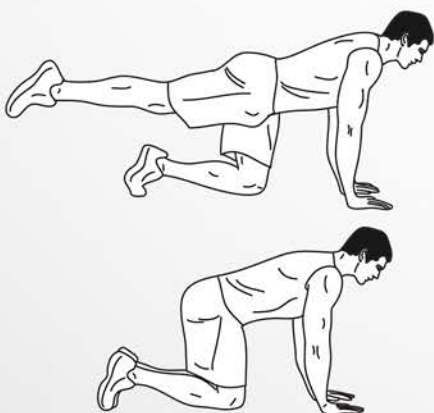
2 minutes rest between sets



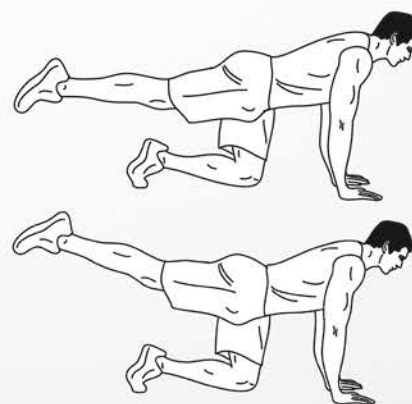
20 upward leg extensions



10 side leg extensions



10 leg extensions



20 raised leg swings

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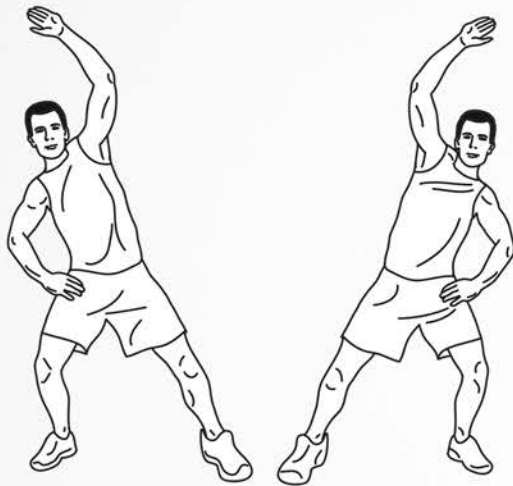
Day 17 | Fast Pace Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

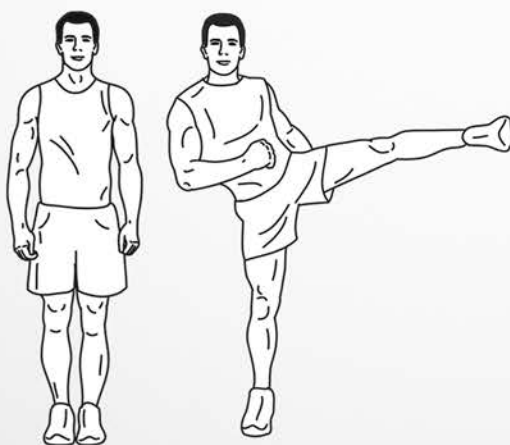


10 side jacks

2 side leg raises (left/right)

10 side jacks

2 side leg raises (left/right)



10 side jacks

2 side leg raises (left/right)

10 side jacks

2 side leg raises (left/right)

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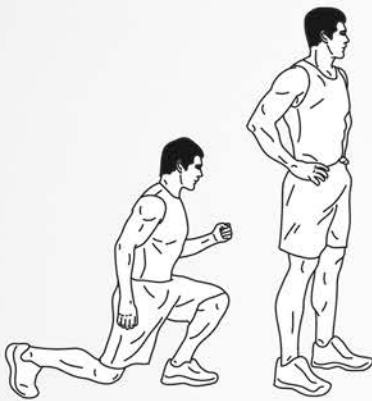
Day 18 | Strength

Level I 3 sets

Level II 5 sets

Level III 7 sets

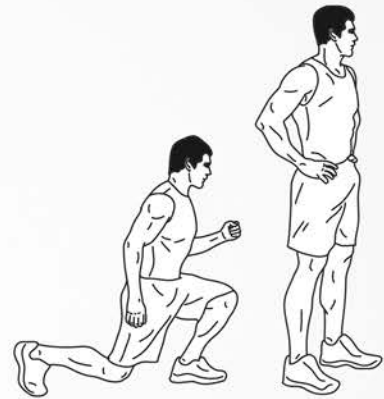
2 minutes rest between sets



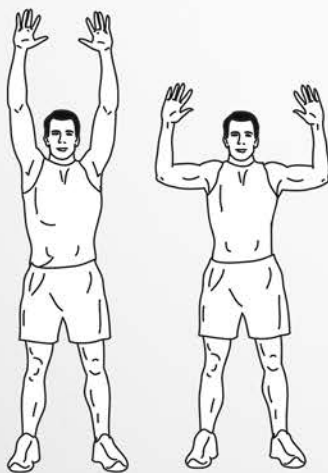
8 reverse lunges



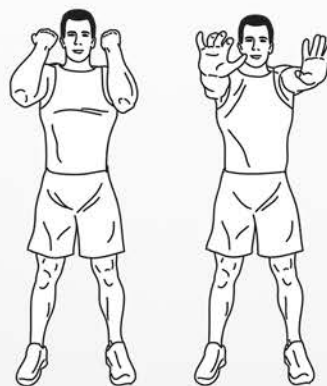
8-count squat hold



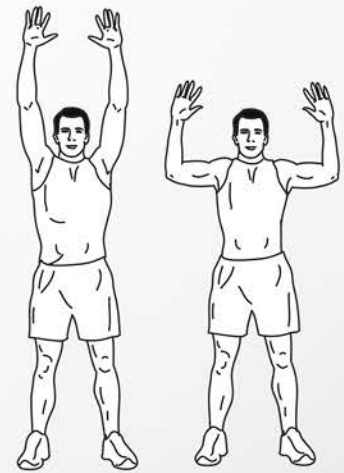
8 reverse lunges



20 standing W-extensions



20 bicep extensions



20 standing W-extensions

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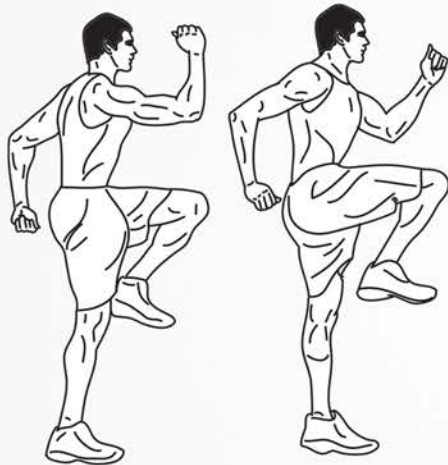
Day 19 | Fast Pace Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

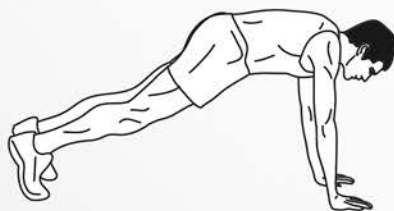


20 march steps

6 slow climbers

20 march steps

6 slow climbers



20 march steps

6 slow climbers



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Day 20 | Tendon Strength

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



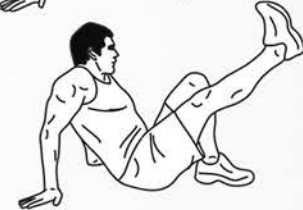
10-count hold

+



10 leg raises

+



10 high leg raises

change sides and repeat



10 move from side-to-side

+



10 circles

+



10-count hold

change sides and repeat

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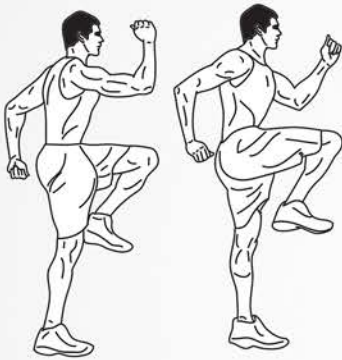
Day 21 | Fast Pace Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

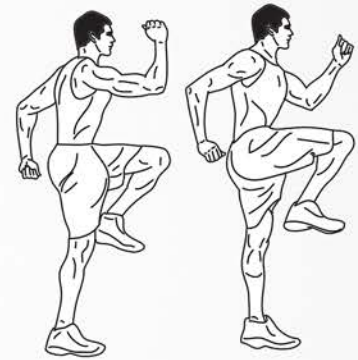
2 minutes rest between sets



10 march steps



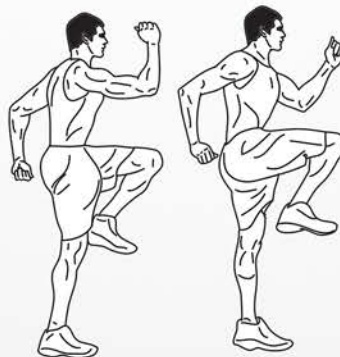
4 high knees



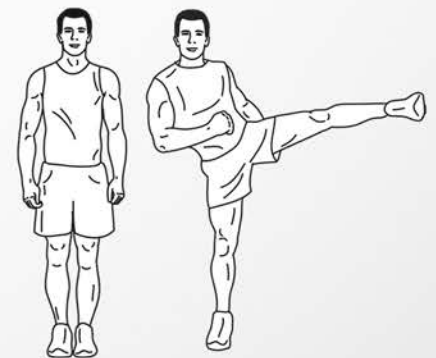
10 march steps



4 knee-to-elbows



10 march steps



4 side leg raises

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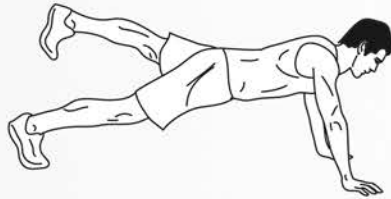
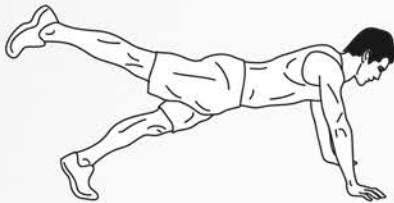
Day 22 | Abs & Core

Level I 3 sets

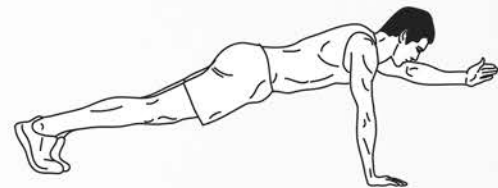
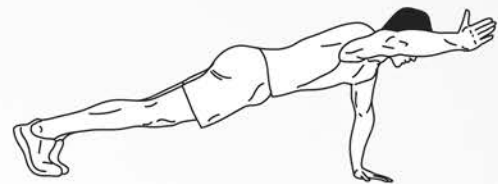
Level II 4 sets

Level III 5 sets

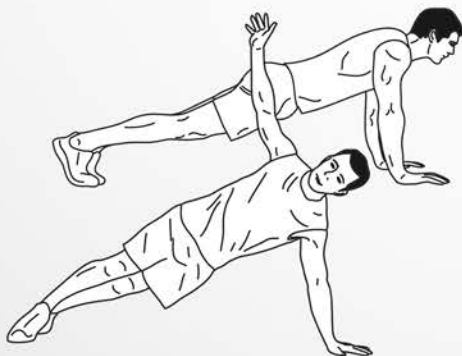
2 minutes rest between sets



6 plank leg raises



6 plank arm raises



6 plank rotations



6-count plank hold

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Day 23 | Strength

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



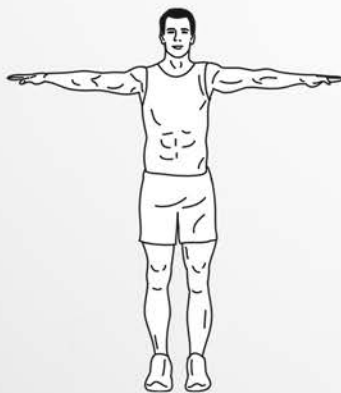
6 squats



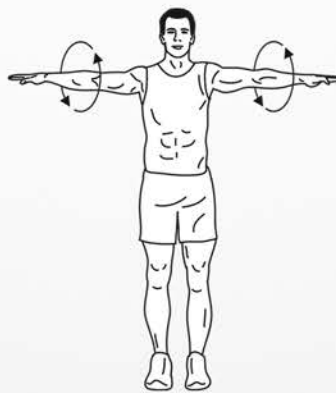
6-count squat hold



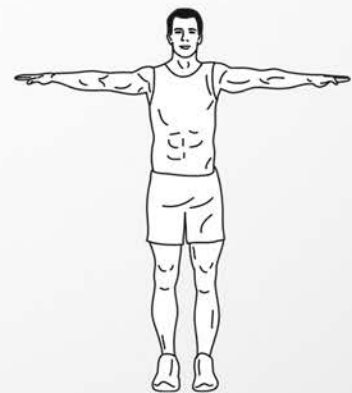
6 squats



20-count arm hold



20 raised arm circles



20-count arm hold

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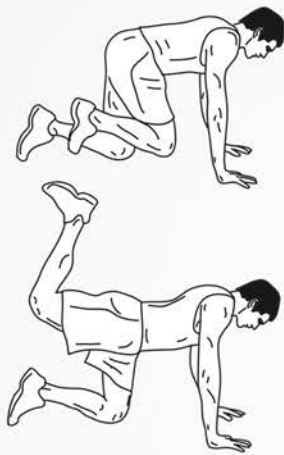
Day 24 | Tendon Strength

Level I 3 sets

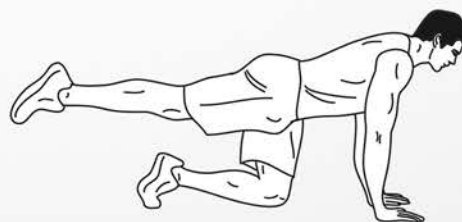
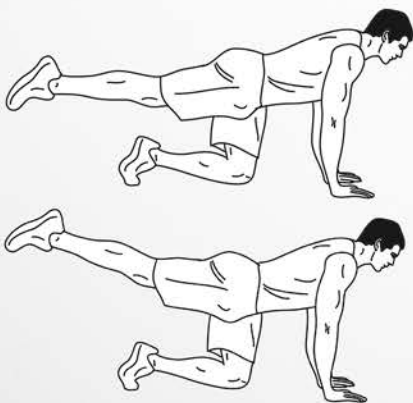
Level II 4 sets

Level III 5 sets

2 minutes rest between sets



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



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

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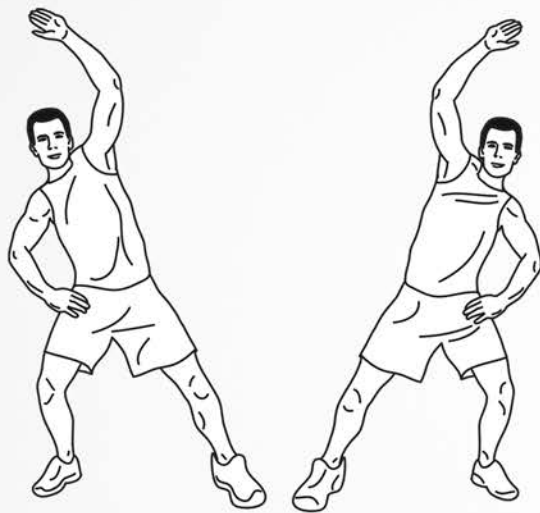
Day 25 | Fast Pace Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

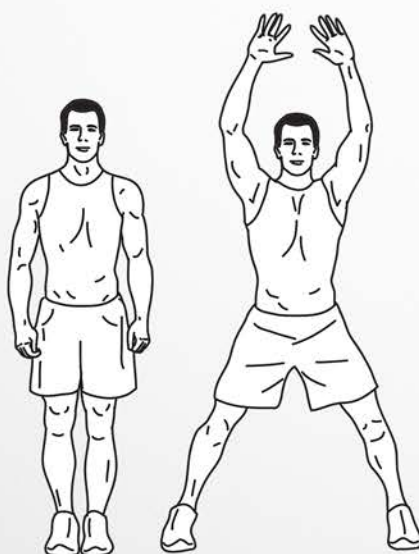


6 side jacks

4 jumping jacks

6 side jacks

4 jumping jacks



6 side jacks

4 jumping jacks

6 side jacks

4 jumping jacks

Foundation

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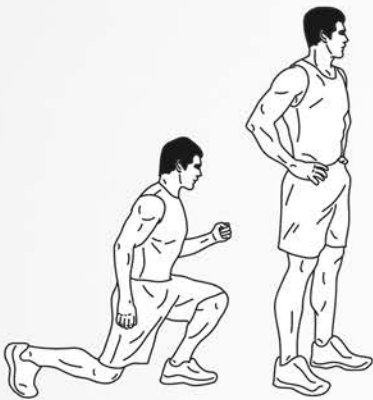
Day 26 | Strength

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



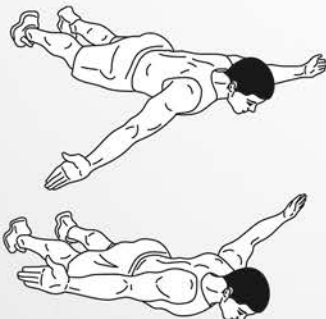
6 reverse lunges



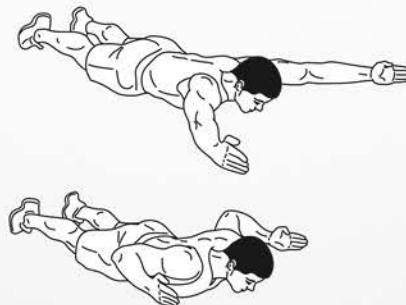
4 squats



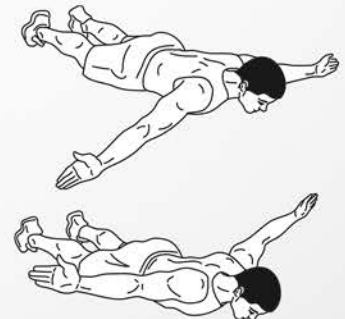
6 reverse lunges



10 prone reverse flyes



10 W-extensions



10 prone reverse flyes

Foundation

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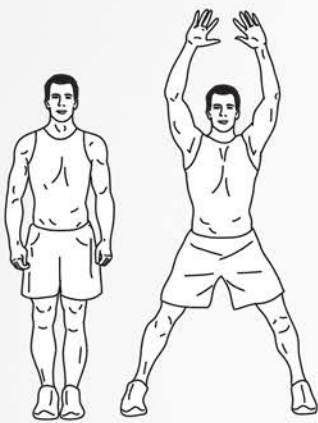
Day 27 | Fast Pace Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

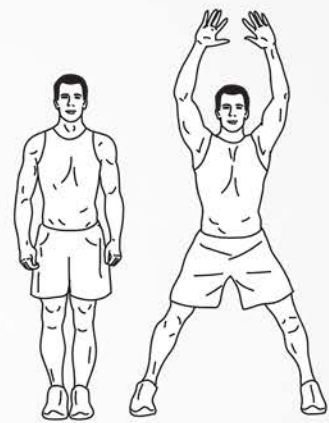
2 minutes rest between sets



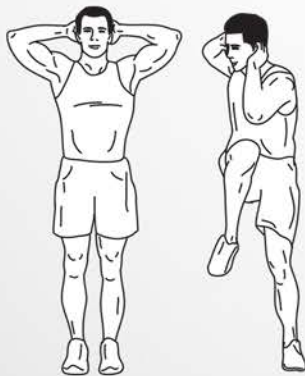
6 jumping jacks



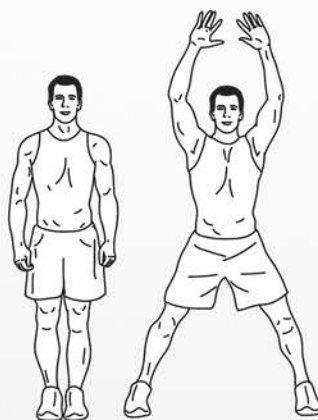
10 side jacks



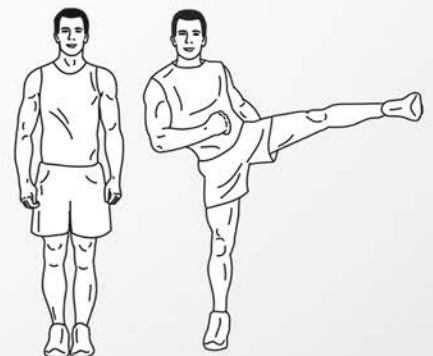
6 jumping jacks



10 knee-to-elbows



6 jumping jacks



10 side leg raises

Foundation

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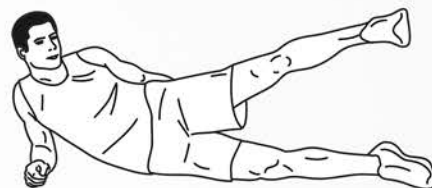
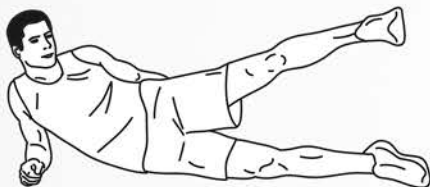
Day 28 | Tendon Strength

Level I 3 sets

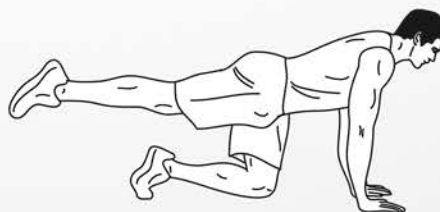
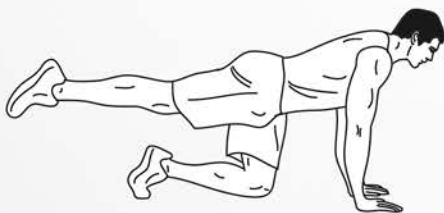
Level II 4 sets

Level III 5 sets

2 minutes rest between sets



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



20 knee-in & stretch + **10-count** raised leg hold
change sides and repeat

Foundation

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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



10 crunches

4 leg raises

10 crunches



4 leg raises

10 crunches



4 leg raises

Foundation

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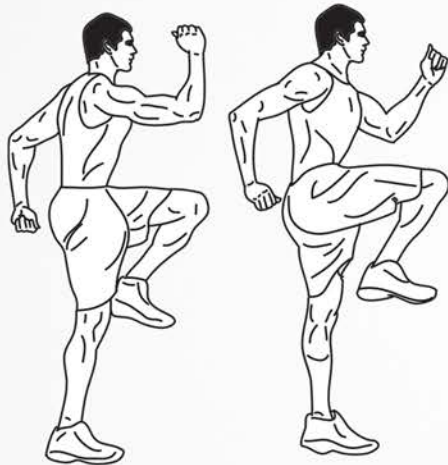
Day 30 | Fast Pace Cardio

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 march steps

10 high knees

10 march steps

10 high knees



10 march steps

10 high knees

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