

# March 2015 Cardio Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REST DAY	LOWER BODY	SPRINTS / INTERVALS	HIIT / UPPER BODY	MID EFFORT	CORE / ABS	STEADY CARDIO
1	2 <b>30s each...4 rounds</b> - power squat - squat jack - high knees - alt reverse lunge - jump lunge - ice skaters + FINISH: 1 Min Sprint	3 <b>15-20 minutes</b> - 3 min warmup  - 30s fast - 90s slower x5  - cool down	4 <b>Ropes Variation</b> (Ex: Alt Arms- wide or narrow, Double Slam Double Slam + Jump, Double Slam side-to-side)  20s work / 10s rest x8	5 <b>20 min easy</b> (walk, jog, elliptical, stair climber, bike, rower, etc)	6 <b>30s each...5 rounds</b> - mtn climbers - bicycle crunch - plank jacks - burpees	7 <b>30 min steady cardio</b> (walk, jog, elliptical, stair climber, bike, rower, etc)
8	9 <b>30s each...4 rounds</b> - rev lunge with kick (alt) - squat to side kick (alt) - jump squat - reverse lunge to hop (r) - reverse lunge to hop (l) - switch lunge + FINISH: 5 Min Stair Run	10 <b>15-20 minutes</b> - 3 min warmup  - 45s fast - 60s recover x6  - cool down	11 <b>Ball Slams</b> (Reverb Slams (bounce) or Slam Pick-Up)  30s work / 10s rest x8	12 <b>25 min easy</b> (walk, jog, elliptical, stair climber, bike, rower, etc)	13 <b>10 reps each, 1 round</b> - slow burpee - burpee w/ squat Jack - burpee w/ plank jack - runners burpee	14 <b>35-40 min steady cardio</b> (walk, jog, elliptical, stair climber, bike, rower, etc)
15	16 <b>45s each...4 rounds</b> - slow burpee - jump jack - lateral hops - fast burpees - step ups (r) - step ups (l) + FINISH: 1 Min Sprint x2	17 <b>20-25 minutes</b> - 3 min warmup  - 30s to 45s sprint - 60s recover x8  - cool down	18 <b>Rows</b> (rowing machine, seated cable row, standing cable row, TRX row)  60s work / 10s rest x8 (double for rowing machine)	19 <b>30 min easy</b> (walk, jog, elliptical, stair climber, bike, rower, etc)	20 <b>45s each...3 rounds</b> - plank walk - bicycle crunch - wide mtn climber - plank thrust - side to side burpee	21 <b>45 min steady cardio</b> (walk, jog, elliptical, stair climber, bike, rower, etc)
22	23 <b>45s each...4 rounds</b> - power squat - squat jack - high knees - alt reverse lunge - jump lunge - ice skaters + FINISH: 20 Burpees	24 <b>??? minutes</b> 3 min warmup  <b>FAVORITE 4 SONGS</b> Fast walk / Incline Sprint the Choruses  cool down	25 <b>Weighted Punches</b> (2lb to 5lb)  <b>Weighted Jumping Jacks</b> (2lb to 5lb)  45s work / 15s rest x8	26 <b>35 min easy</b> (walk, jog, elliptical, stair climber, bike, rower, etc)	27 <b>100 Burpees</b> (any variation)	28 <b>45-60 min steady cardio</b> (walk, jog, elliptical, stair climber, bike, rower, etc)
29	30 <b>60s each...4 rounds</b> - rev lunge with kick (alt) - squat to side kick (alt) - jump squat - reverse lunge to hop (r) - reverse lunge to hop (l) - switch lunge + FINISH: 7.5 Min Stair Run	31 <b>20 minutes</b> - 3 min warmup  - 60s sprint - 45s to 60s recover x8  - cool down	1  17200 North May Suites 400, 600 Edmond, OK 73012 405-285-4876 www.blfit.com	2	3	4

\*Exercises can be added to current workout regimen (training, group classes, etc)

OR used alone. Just do your best and push yourself outside of your comfort zone!!!