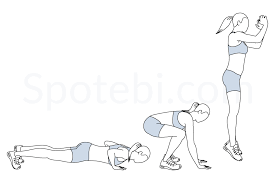
**✅ Here’s Your 5-Day Weekly Cardio Plan**

Each day = 1 unique **5-exercise HIIT(high-intensity interval training) circuit**.  
**Format**:

* 40 seconds work, 20 seconds rest
* 4 rounds (optional: 3 rounds for a shorter day)(start date: 07/14/2025)
* Total time: ~20 minutes

**🗓️ Monday: Explosive HIIT (Your Current Set + Core Add-ons)**

1. **Burpees**

****

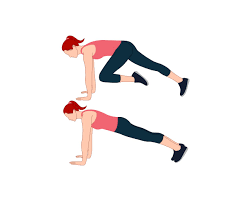
1. **High Knees**

****

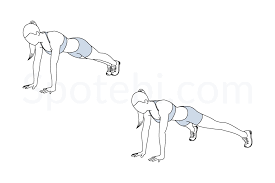
1. **Jump Squats**

****

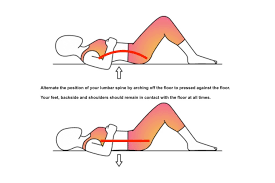
1. **Mountain Climbers (fast)**

****

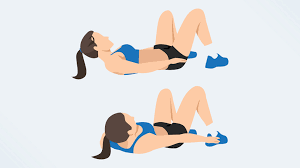
1. **Plank Jacks**

****

1. **Pelvic Tilts (add after burpees for core activation)**

****

1. **Heel Taps**

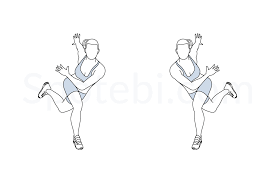
****

**🗓️ Tuesday: Core + Cardio Burn (Expanded with More Core Moves)**

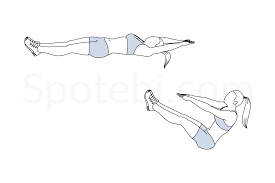
1. **Jumping Lunges/with twists (or reverse lunges if knees sensitive)**

****

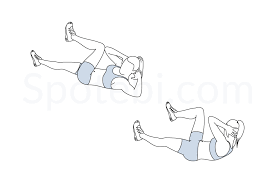
1. **Skater Jumps (side to side)**

****

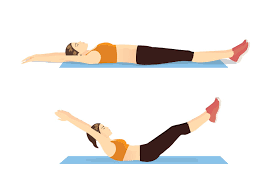
1. **V-Ups**

****

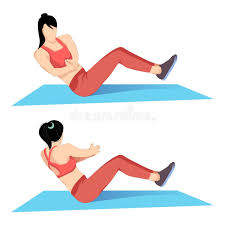
1. **Bicycle Crunches (fast tempo)**

****

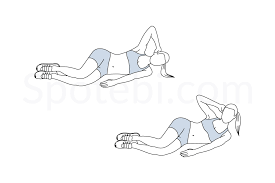
1. **Hollow Body Hold (advanced: rock slightly)**

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1. **Russian Twists (add after Hollow Body Hold)**

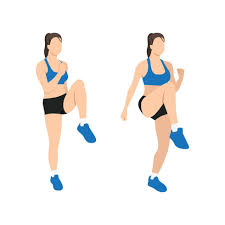
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1. **Oblique Crunches (side crunches)**

****

**🗓️ Wednesday: Athletic Agility + Core Stability Mix**

1. **Lateral High Knees (step side, drive knee up)**

****

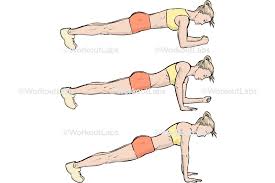
1. **In & Out Squat Jumps (feet narrow → wide → jump)**

****

1. **Bear Crawls (forward/backward 4 steps)**

****

1. **Plank to Push-Up**

****

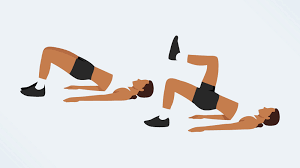
1. **Broad Jump → Shuffle Back**

****

1. **Bird Dog (faster tempo for challenge)**

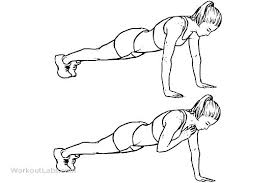
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1. **Glute Bridge March**

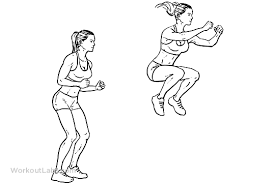
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**🗓️ Thursday: Upper Body + Core Sweat + Oblique Focus**

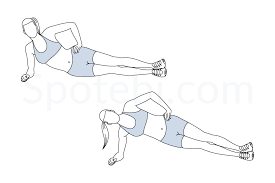
1. **Push-Up to Shoulder Tap**

****

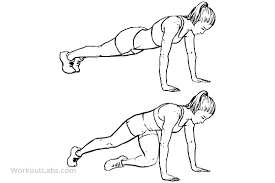
1. **Tuck Jumps**

****

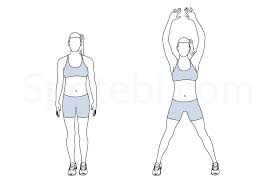
1. **Side Plank Hip Dips (switch sides halfway)**

****

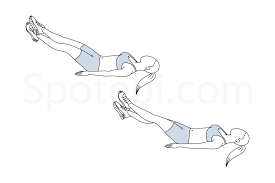
1. **Mountain Climbers (cross-body)**

****

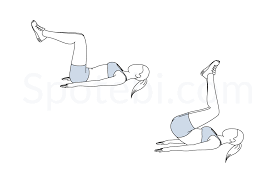
1. **Jumping Jacks (fast pace or power jacks)**

****

1. **Scissor Kicks**

****

1. **Reverse Crunches**

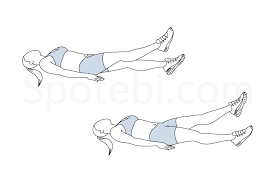
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**🗓️ Friday: Total Body HIIT Ladder + Core Burn**

1. **Burpee + Jump Lunge**

****

1. **Flutter Kicks**

****

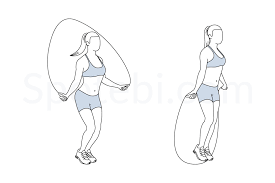
1. **Sumo Squat Pulse + Jump**

****

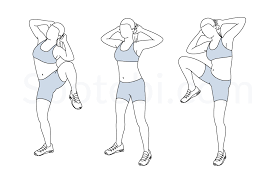
1. **Plank Side Walk**

****

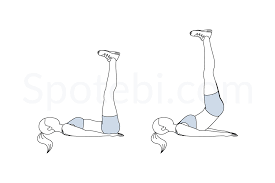
1. **Jump Rope (or pretend jump rope, fast tempo)**

****

1. **Standing side Crunches**

****

1. **Leg Raises with a Pulse Up**

****