

EF

total BURN



## DAY 1

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

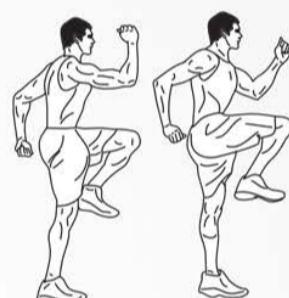
2 minutes rest between sets



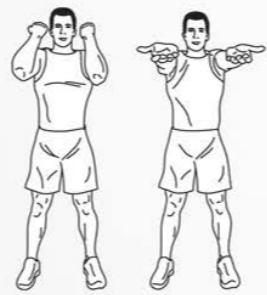
**10** march steps



**20** high knees



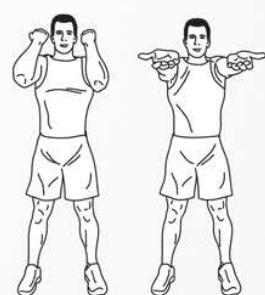
**10** march steps



**10** bicep extensions



**20** high knees



**10** bicep extensions



**20** high knees



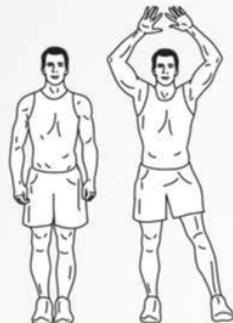
## DAY 2

**Level I** 3 sets

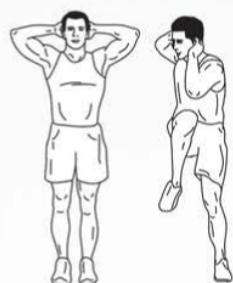
**Level II** 5 sets

**Level III** 7 sets

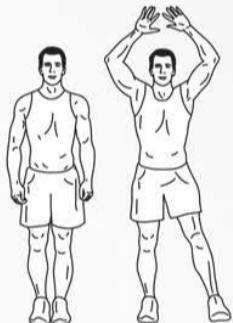
2 minutes rest between sets



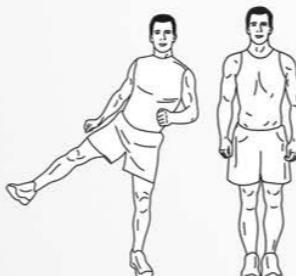
**20** step jacks



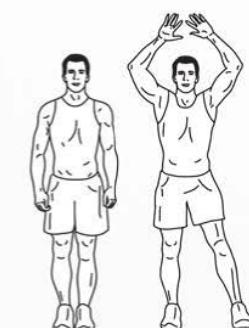
**10** knee to elbows



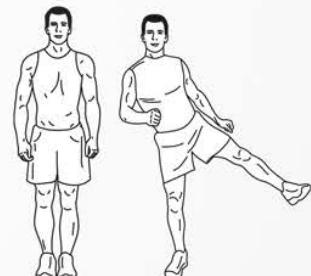
**20** step jacks



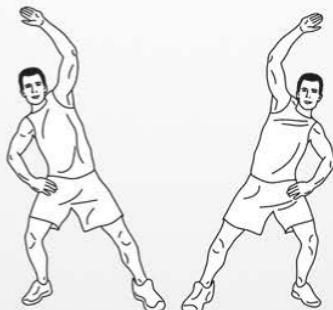
**10** side leg raises



**20** step jacks



**10** side leg raises



**10** side jacks



## DAY 3

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

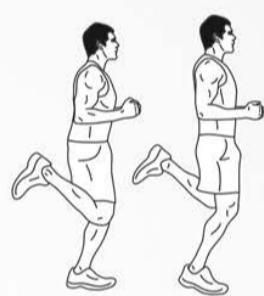
2 minutes rest between sets



**20** butt kicks



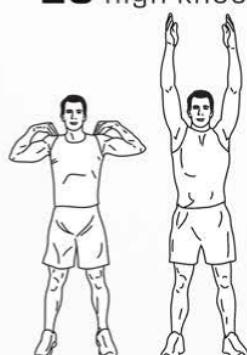
**20** high knees



**20** butt kicks



**20** high knees



**20** shoulder taps



**20** high knees



**4** jump squats



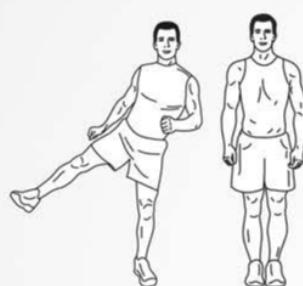
## DAY 4

**Level I** 3 sets

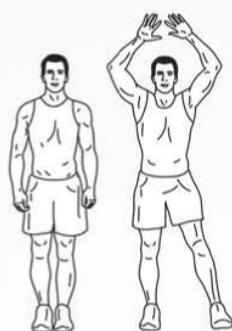
**Level II** 5 sets

**Level III** 7 sets

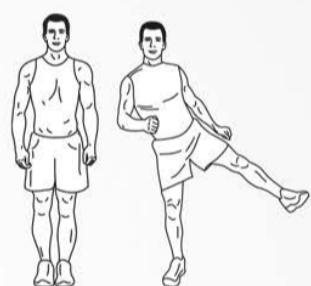
2 minutes rest between sets



**10** side leg raises



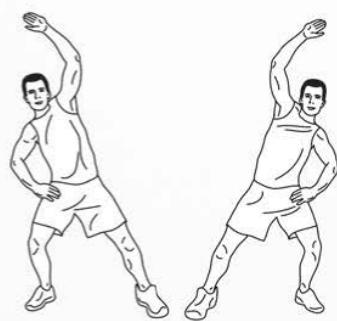
**20** step jacks



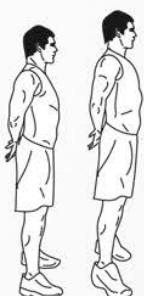
**10** side leg raises



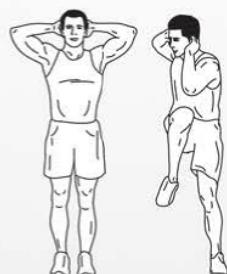
**10** calf raises



**20** side jacks



**10** calf raises



**10** knee to elbow



## DAY 5

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

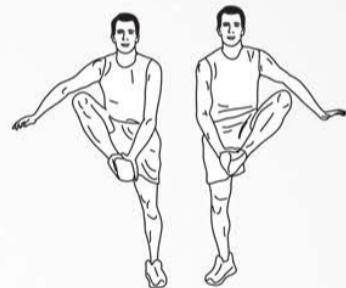
2 minutes rest between sets



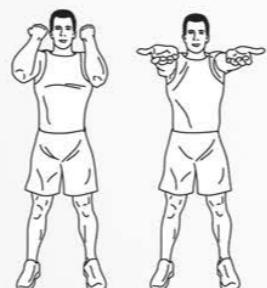
**10** toe tap hops



**20** high knees



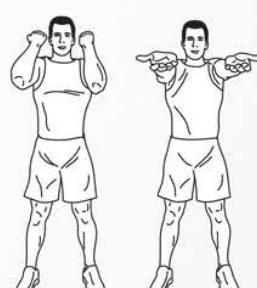
**10** toe tap hops



**10** bicep extensions



**20** high knees



**10** bicep extensions



**20** high knees



## DAY 6

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

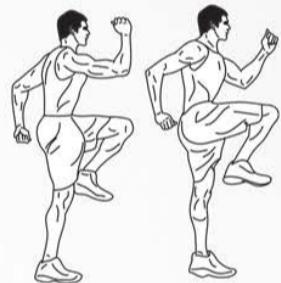
2 minutes rest between sets



**20** march steps



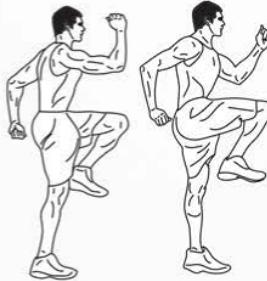
**20** arm circles



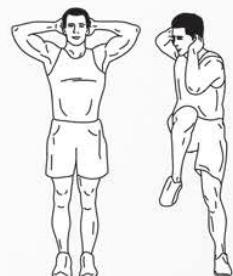
**20** march steps



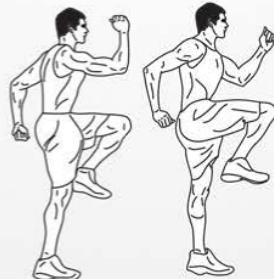
**10** knee to elbow



**20** march steps



**10** knee to elbow



**20** march steps



## DAY 7

**Level I** 3 sets

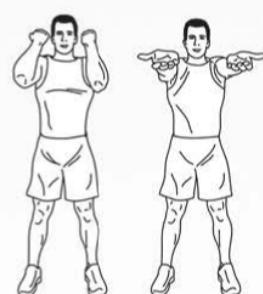
**Level II** 5 sets

**Level III** 7 sets

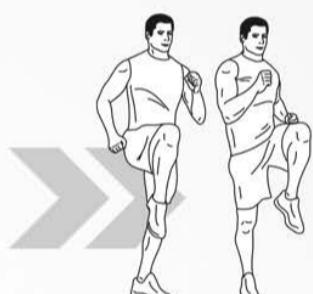
2 minutes rest between sets



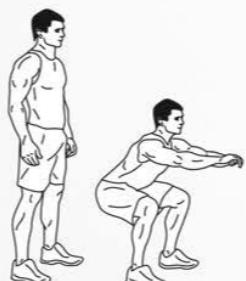
**20** high knees



**20** bicep extensions



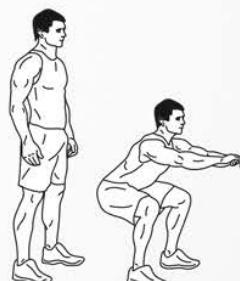
**20** high knees



**10** squats



**20** high knees



**10** squats



**20** high knees



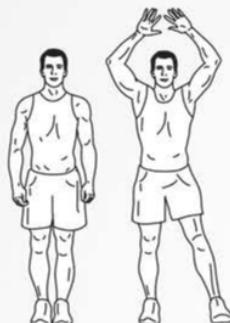
## DAY 8

**Level I** 3 sets

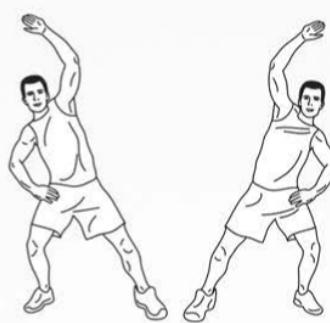
**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



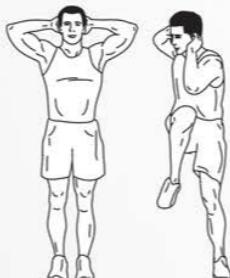
**20** step jacks



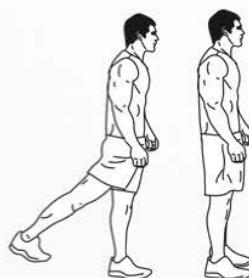
**10** side jacks



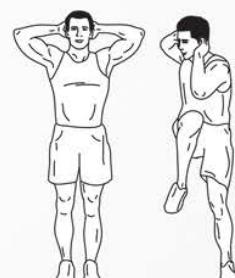
**20** step jacks



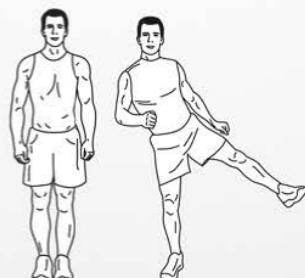
**10** knee to elbow



**20** back leg raises



**10** knee to elbow



**20** side leg raises



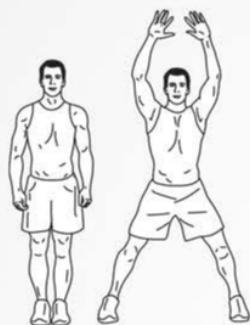
## DAY 9

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

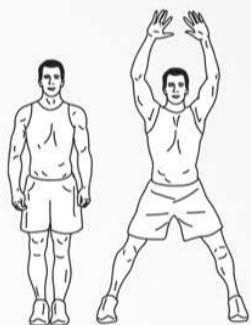
2 minutes rest between sets



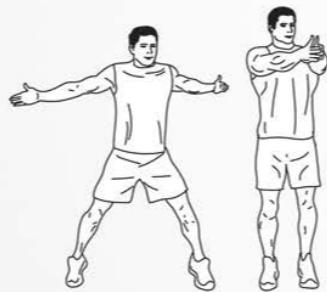
**10** jumping jacks



**20** high knees



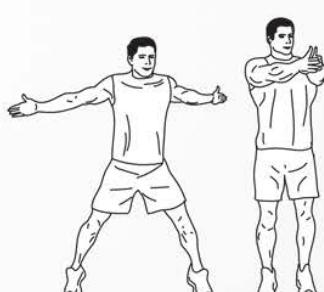
**10** jumping jacks



**10** seal jacks



**20** high knees



**10** seal jacks



**20** high knees



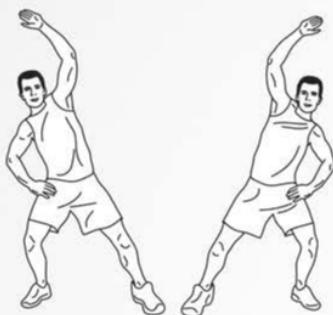
## DAY 10

**Level I** 3 sets

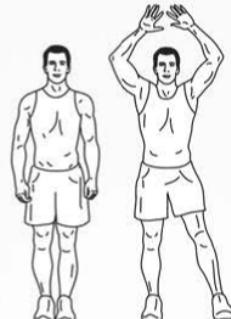
**Level II** 5 sets

**Level III** 7 sets

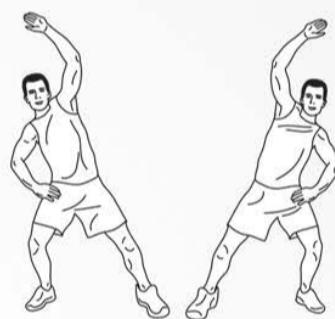
2 minutes rest between sets



**10** side jacks



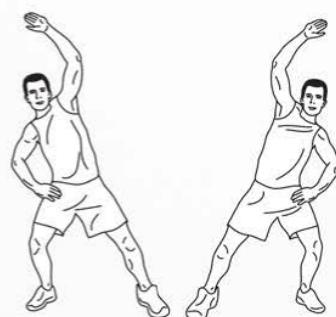
**20** step jacks



**10** side jacks



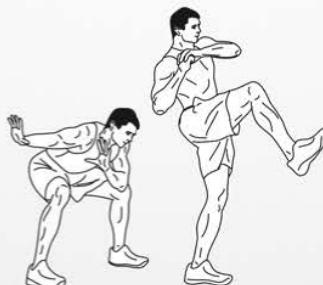
**10** calf raises



**10** side jacks



**10** calf raises



**10** squat step-ups



## DAY 11

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

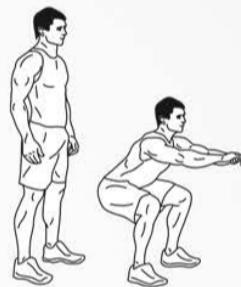
2 minutes rest between sets



**10** squats



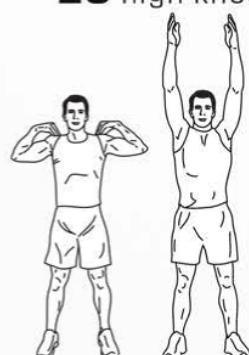
**20** high knees



**10** squats



**20** high knees



**20** shoulder taps



**20** high knees



**4** jump squats



## DAY 12

**Level I** 3 sets

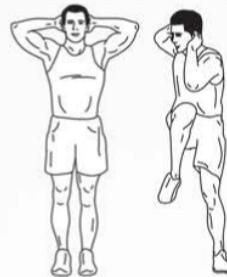
**Level II** 5 sets

**Level III** 7 sets

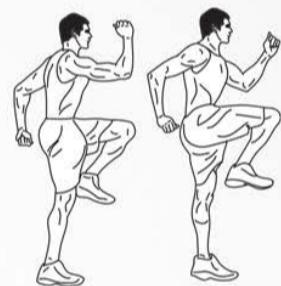
2 minutes rest between sets



**20** march steps



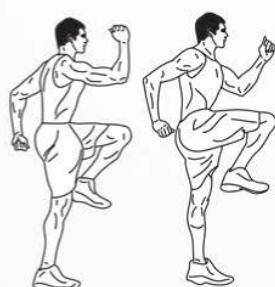
**20** knee to elbow



**20** march steps



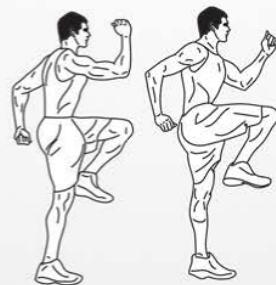
**20** arm circles



**20** march steps



**20** arm circles



**20** march steps



## DAY 13

**Level I** 3 sets

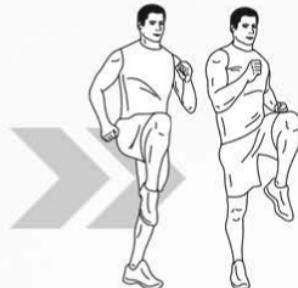
**Level II** 5 sets

**Level III** 7 sets

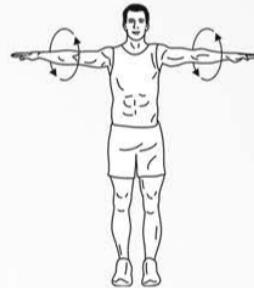
2 minutes rest between sets



**20** arm circles



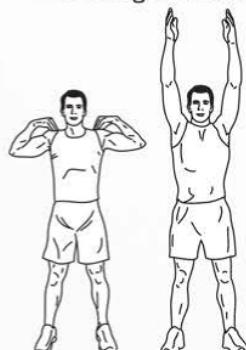
**20** high knees



**20** arm circles



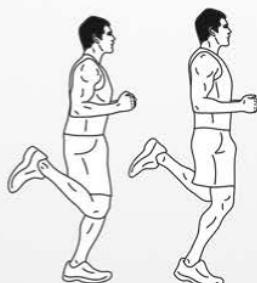
**20** high knees



**20** shoulder taps



**20** high knees



**20** butt kicks



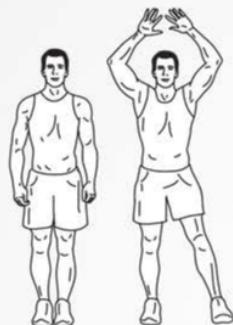
DAY 14

**Level I** 3 sets

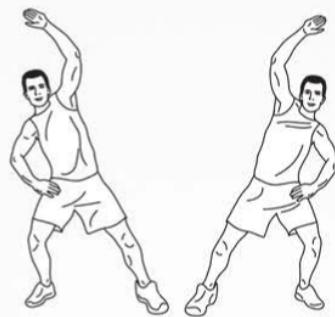
**Level II** 5 sets

**Level III** 7 sets

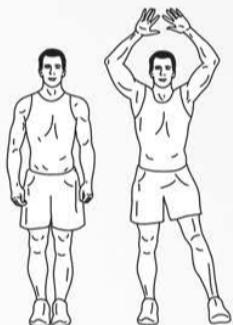
2 minutes rest between sets



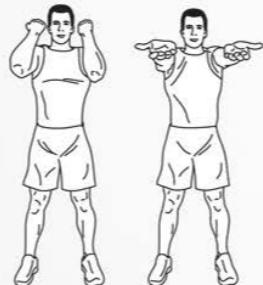
**20** step jacks



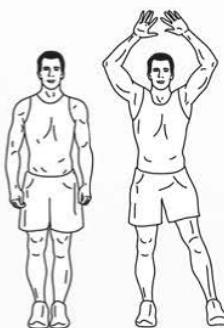
**10** side jacks



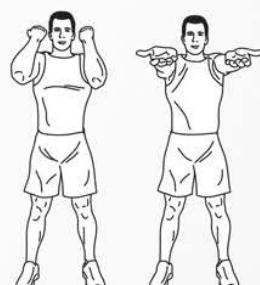
**20** step jacks



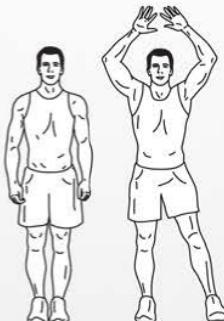
**10** bicep extensions



**20** step jacks



**10** bicep extensions



**20** step jacks



## DAY 15

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

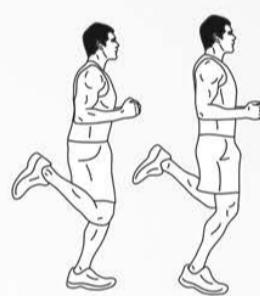
2 minutes rest between sets



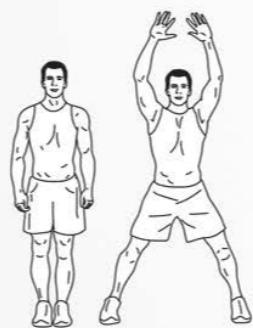
**10** butt kicks



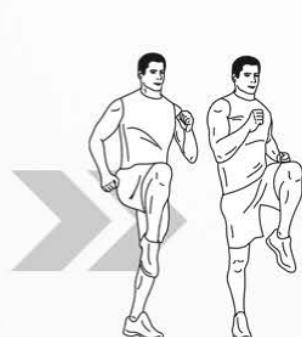
**20** high knees



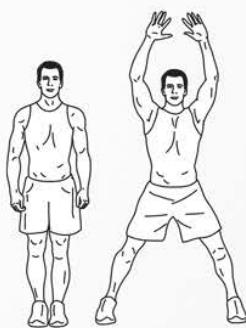
**10** butt kicks



**10** jumping jacks



**20** high knees



**10** jumping jacks



**20** high knees



## DAY 16

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

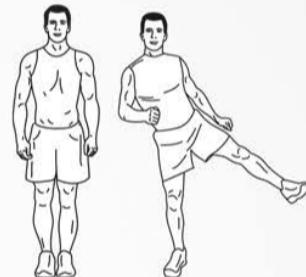
2 minutes rest between sets



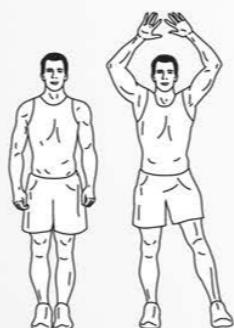
**10** side leg raises



**10** calf raises



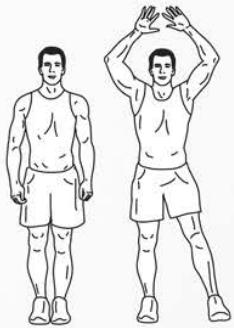
**10** side leg raises



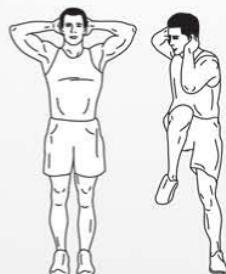
**20** step jacks



**20** side jacks



**20** step jacks



**10** knee to elbow



DAY 17

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

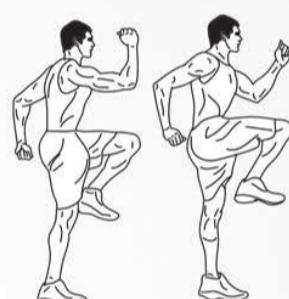
2 minutes rest between sets



**10** march steps



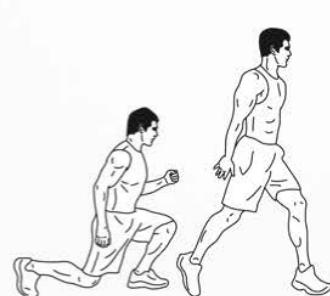
**20** high knees



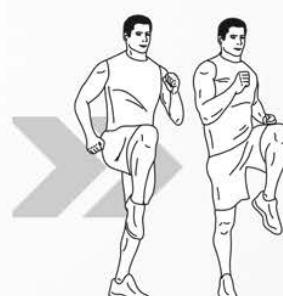
**10** march steps



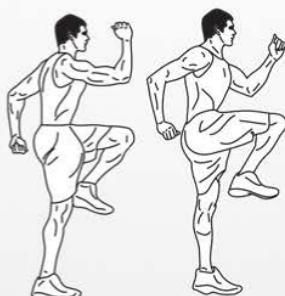
**20** high knees



**10** jumping lunges



**20** high knees



**10** march steps



**DAY 18**

**Level I** 3 sets

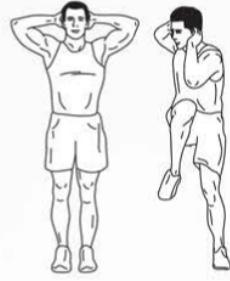
**Level II** 5 sets

**Level III** 7 sets

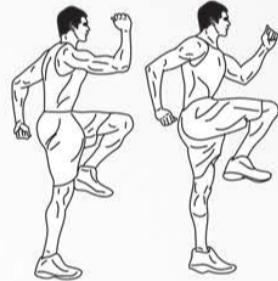
2 minutes rest between sets



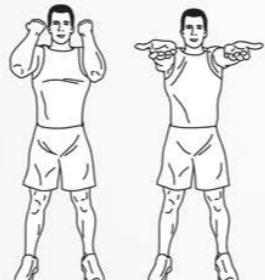
**20** march steps



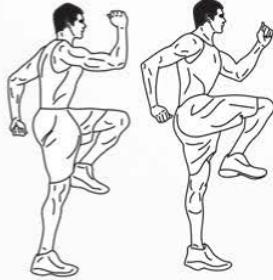
**10** knee to elbow



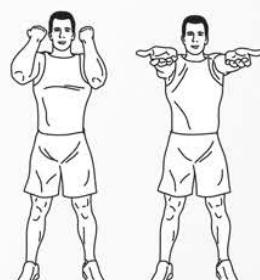
**20** march steps



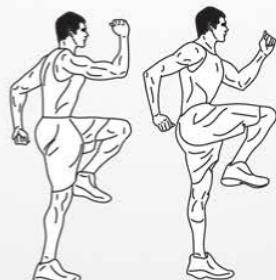
**10** bicep extensions



**20** march steps



**10** bicep extensions



**20** march steps



## DAY 19

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

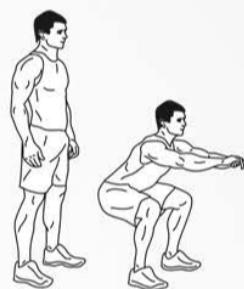
2 minutes rest between sets



**10** squats



**20** high knees



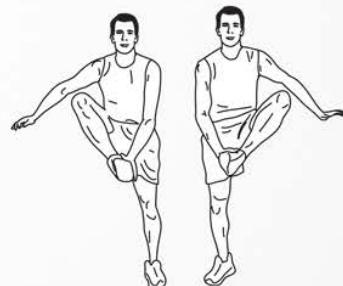
**10** squats



**10** toe tap hops



**20** high knees



**10** toe tap hops



**20** high knees



## DAY 20

**Level I** 3 sets

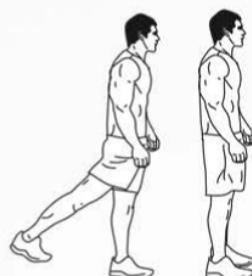
**Level II** 5 sets

**Level III** 7 sets

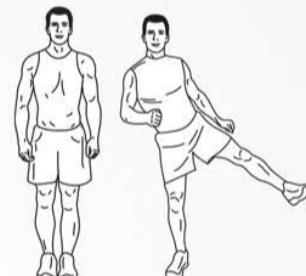
2 minutes rest between sets



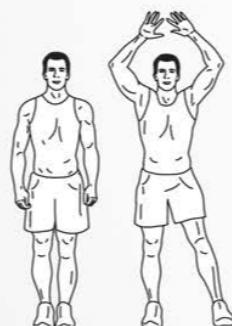
**10** side leg raises



**20** back leg raises



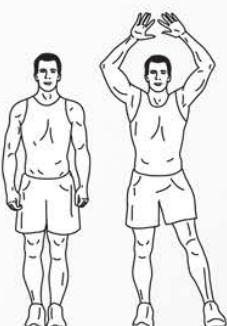
**10** side leg raises



**10** step jacks



**20** side jacks



**10** step jacks



**10** calf raises



## DAY 21

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



**20** butt kicks



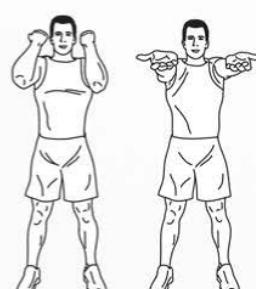
**20** high knees



**20** butt kicks



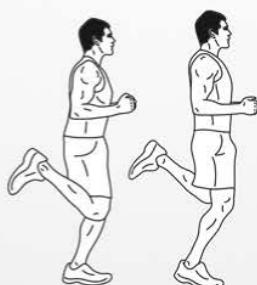
**20** high knees



**20** bicep extensions



**20** high knees



**20** butt kicks



## DAY 22

**Level I** 3 sets

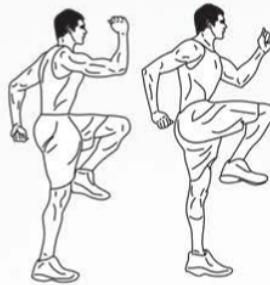
**Level II** 5 sets

**Level III** 7 sets

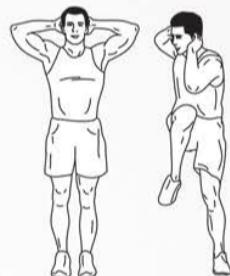
2 minutes rest between sets



**10** knee to elbow



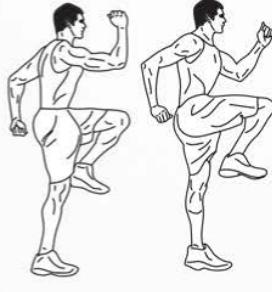
**20** march steps



**10** knee to elbow



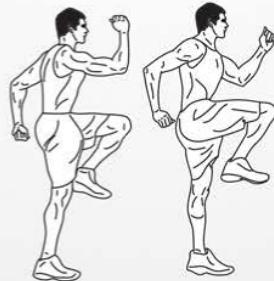
**10** calf raises



**20** march steps



**10** calf raises



**20** march steps



**DAY 23**

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

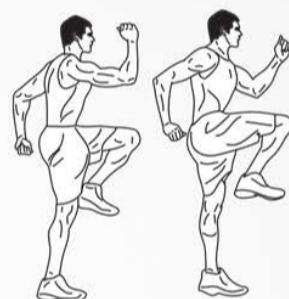
2 minutes rest between sets



**10** march steps



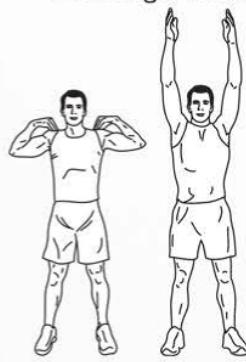
**20** high knees



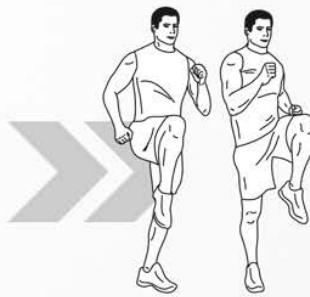
**10** march steps



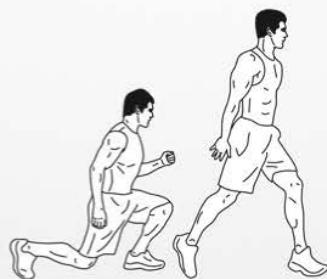
**20** high knees



**20** shoulder taps



**20** high knees



**10** jumping lunges



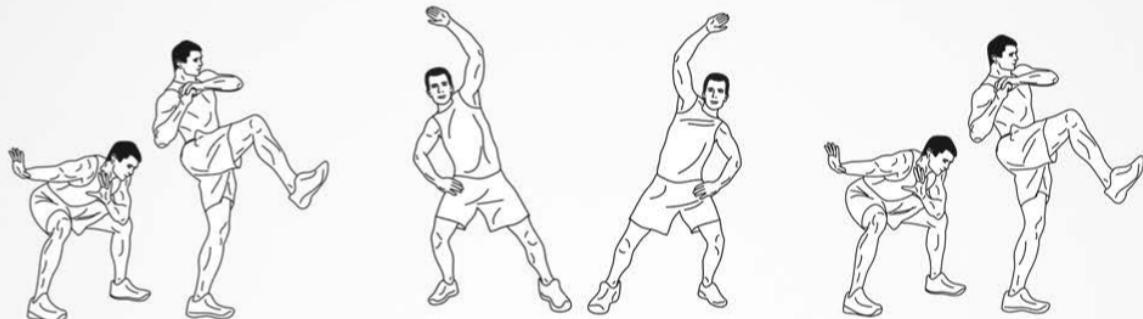
**DAY 24**

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

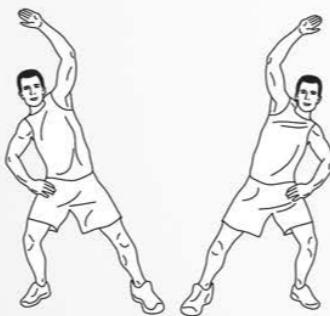
2 minutes rest between sets



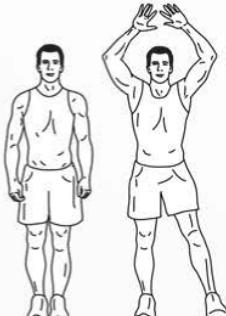
**10** squat step-ups

**20** side jacks

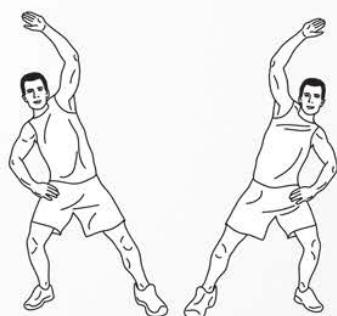
**10** squat step-ups



**10** side jacks



**20** step jacks



**10** side jacks



**10** calf raises



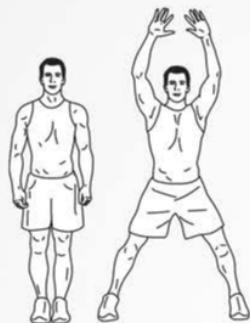
## DAY 25

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

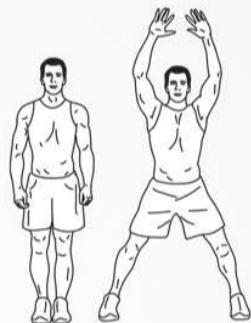
2 minutes rest between sets



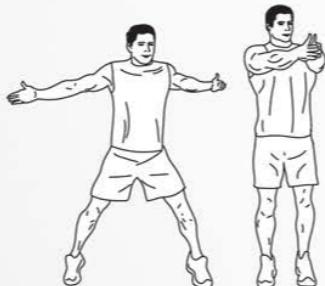
**10** jumping jacks



**20** high knees



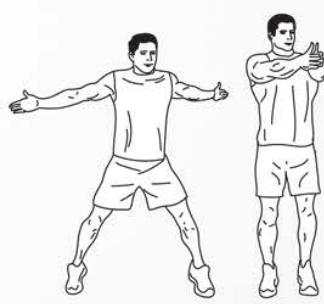
**10** jumping jacks



**10** seal jacks



**20** high knees



**10** seal jacks



**20** high knees



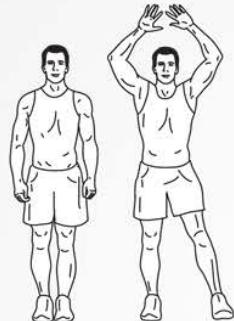
## DAY 26

**Level I** 3 sets

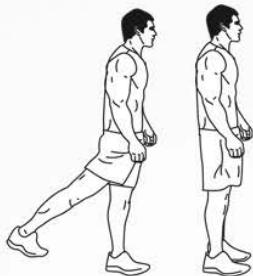
**Level II** 5 sets

**Level III** 7 sets

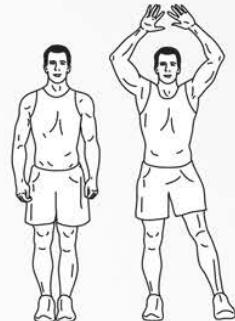
2 minutes rest between sets



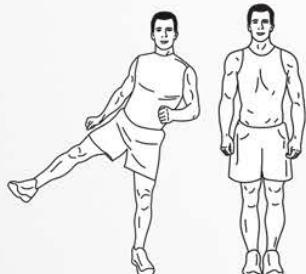
**20** step jacks



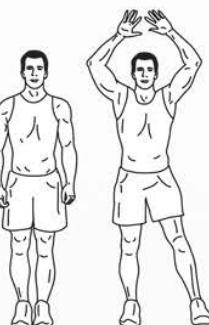
**20** back leg raises



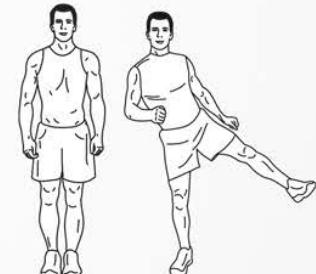
**20** step jacks



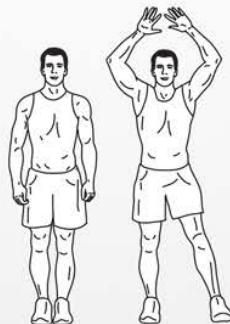
**10** side leg raises



**20** step jacks



**10** side leg raises



**20** step jacks



**DAY 27**

**Level I** 3 sets

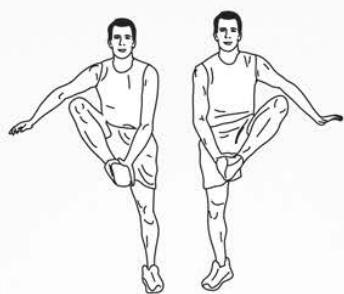
**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



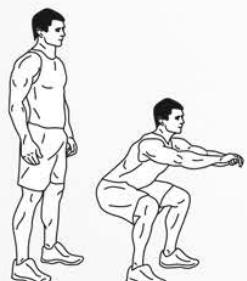
**20** high knees



**10** toe tap hops



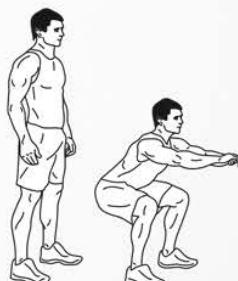
**20** high knees



**10** squats



**20** high knees



**10** squats



**20** high knees



## DAY 28

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

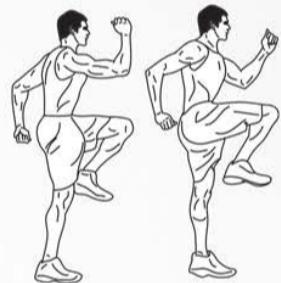
2 minutes rest between sets



**20** march steps



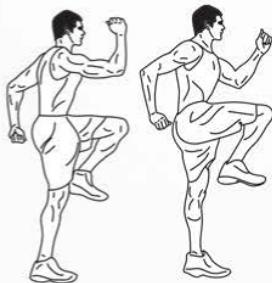
**20** arm circles



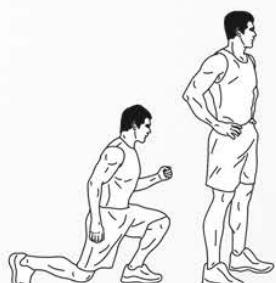
**20** march steps



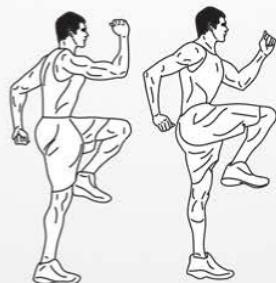
**10** reverse lunges



**20** march steps



**10** reverse lunges



**20** march steps



## DAY 29

**Level I** 3 sets

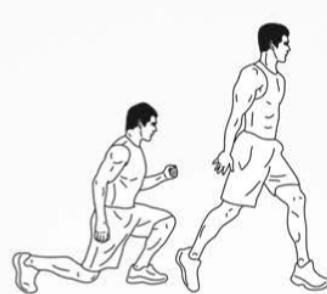
**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



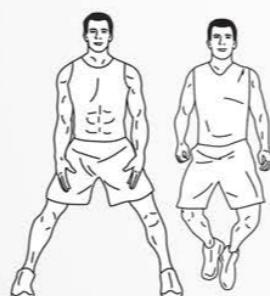
**20** high knees



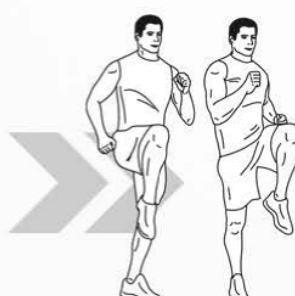
**10** jumping lunges



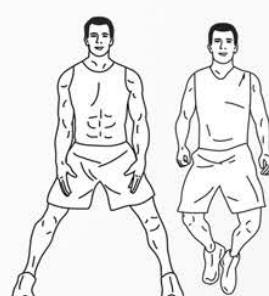
**20** high knees



**4** hop heel clicks



**20** high knees



**4** hop heel clicks



**20** high knees



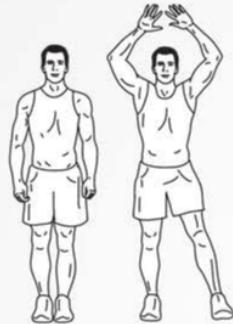
## DAY 30

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

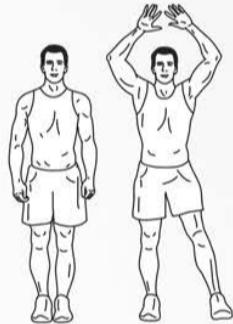
2 minutes rest between sets



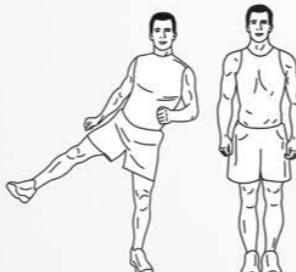
**20** step jacks



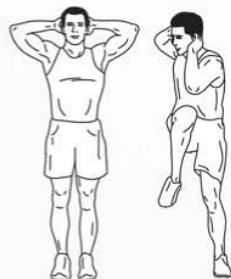
**10** knee to elbows



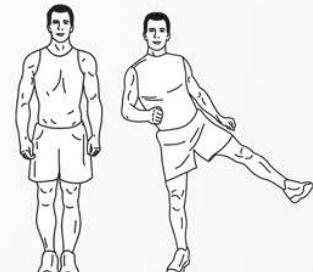
**20** step jacks



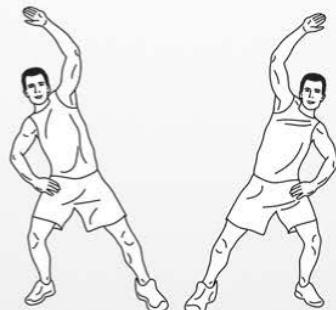
**20** side leg raises



**10** knee to elbows



**20** side leg raises



**20** side jacks