30 DAY WORKOUT CARDIO ROUTINE TO CHALLENGE YOUR FITNESS

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This 30 day cardio training involves performing three types of workouts: low-impact steady state (LISS), high-intensity interval training (HIIT), and circuit.

**Low-Impact Steady State Cardio:** LISS is a form of aerobic training that requires you to perform exercises at a low to moderate heart rate. It helps burn calories decently, enhance cardiovascular fitness, and help improve shape.

**High-Intensity Interval Training Cardio:** HIIT is a part of cardio training, which involves performing exercises at maximum heart rate followed by short breaks. It helps enhance endurance, burn calories quickly, and helps increase weight loss.

**Circuit Cardio:** It involves performing a series of exercises, typically 4 to 6, with little or no rest in between them.

**Sessions/week:** 4x Week

**Duration/session:** 15-30 minute

**Target Gender:** Male, Female, and L-G-B-T

**Program Goal:** Keeps you fit and active, helps you maintain and improve your shape, and minimizes cardiovascular health issue.

**Equipment Required:** None
**Adjustment:** You can also adjust the program to make it fit your needs.

**Activity per exercise:** perform 10 reps or spend 15-second on each exercise.

**Rounds per session:** Do as many rounds as possible in each session. Minimum two.

**Day 1 – LISS**

- Jumping Jacks
- Sprinter Lunges
- Push-ups
- Side to Side Jump
- Crunches
- Lunge to Front Kick
- Prone IYT Raises
- Kneeling Jump to Squat

**Day 2 – HIIT**

- **Toe Tap Hops**
- Plank Jack
- Side Plank Hip Dips
- Donkey Kicks
- Toe Tap Crunches
- Reverse Lunges

**Day 3 – OFF**

**Day 4 – Circuit**

- **Fast Feet** (Stationary Sprinting)
- Burpees
- Crossbody Mt Climber
- Inchworm
- Situp
- Plank Ankle Taps
Day 5 – LISS

- Jumping Jacks
- Reverse Lunge to Front Kick
- Pushup
- Squats
- Star Jump
  - Push-ups to Plank
  - Side Plank Hip Taps

Day 6 – OFF

Day 7 – OFF

Day 8 – HIIT

- Side to Side Run (Side Drills)
- Burpees
- Jumping Lunges
- Inchworm
- Mountain Climbing
- Kneeling Jump
  - Tuck ups

Day 9 – LISS

- Pushup
- Squats
- High Knees
- Bear Crawl
- Plank Ankle Taps
- Frog Jump
- Shadow Punches
- Forearm Plank
Day 10 – OFF

Day 11 – Circuit

• Burpees
• Shoulder Tap
• Situp
• Push-ups to Plank
• Bear Crawl
  • Grappler Pushup
• Sumo Squat

Day 12 – LISS

• Pushup
• Squat Jump
• Mountain Climbing
• Bicycle Crunch
• Kneeling Jump
• Tuck ups
  • Pushup Jack

Day 13 – OFF

Day 14 – OFF

Day 15 – HIIT

• Burpees
• Bear Crawl
• Curtsy Lunge
• Star Jump
• Squats
  • Sit Outs
• Plank Jacks
Day 16 – LISS

- Pushup
- Plank Ankle Taps
- Jumping Lunges
- Mountain Climbing
- Frog Jump
- Shadow Punches
- Tuck Jump

Day 17 – OFF

Day 18 – Circuit

- Jumping Jacks
- Bear Crawl
- Burpees
- Shoulder Tap
- Bicycle Crunch
  - Side Plank Rotation

Day 19 – LISS

- Lunge Front Kick
- Pushup
- Pop Squat
- Inchworm
- Situp
- Prone IYT Raises
- Push-ups to Plank
Day 20 – OFF

Day 21 – OFF

Day 22 – HIIT

- Jumping Lunges
- Clap Pushup
- Burpees
- Plank Ankle Taps
- Mountain Climbing
- Bear Crawl
- Kneeling Jump

Day 23 – LISS

- Pushup
- Drop Squat
- Star Jump
- Tuck ups
- Shadow Punches
  - Knee Tap Push-Up

Day 24 – OFF

Day 25 – Circuit

- Curtsy Lunge
- Burpees
- Shoulder Tap
- Bicycle Crunch
- Sit Out
- Crossbody Mountain Climber
Day 26 – LISS

• Squat Jump
• Pushup
• Jumping Lunge
• Situp
• Bear Crawl
• Mountain Climbing
• Floor Wiper

Day 27 – OFF

Day 28 – OFF

Day 29 – HIIT

• Lunge Front Kick
• Inchworm
• Burpees
• Plank Ankle Taps
• Butterfly Situp
• Kneeling Jump
• Shadow Punches

Day 30 – LISS

• Jumping Jacks
• Pushup
• Squat Jump
• Situp
• Shoulder Tap
• Prone IYT Raises
• Push-ups to Plank
• Bicycle Crunch

Pro Tips to Get the Most Out of This Program

1. **Increase intensity and training level:** It’s best to increase the intensity, the number of reps, and set gradually to challenge yourself and achieve the maximum results.

2. **Pre-Workout Meal:** It’s best to have some pre-workout snacks and drinks for an effective training session. You can take a pre-workout meal 30 minutes to 2 hours prior to the training, depending on the kind of food you consume.

3. **Post-Workout Meal:** It’s good to have high-protein foods and supplements after the workout to recover muscles. I suggest consuming 50-60 grams of protein after a workout for optimal results (it is only an example; a nutritionist can help you better in this case).

4. **Adjustment:** You can adjust the routine according to your fitness level and goal.

5. **Enjoy the workout:** Repeating the same thing for a considerable period can be boring, but you must be disciplined to accomplish the best result.

6. **Drink enough water to keep yourself hydrated:** Keeping yourself hydrated throughout the day is crucial. Research shows that staying hydrated during the workout helps prevent uneasiness and injuries and boosts performance.

**Recommended Supplements for Speeding up Weight Loss:**

1. **Fat Burn Active**
2. **Keto Actives**
3. **NuviaLab Keto**
4. **Fast Burn Extreme**
5. **Cappuccino MCT Coffee**
Helpful Resources:

- The Ultimate HIIT Exercises List
- List of 70 Best Bodyweight Cardio Exercises
- List of 53 Low Calorie Foods for Weight Loss

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