

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 decent calories, 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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