

30 DAY CARDIO WORKOUT PLAN AT HOME (NO EQUIPMENT)

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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.

30 Day Beginner Cardio Workout Plan at Home

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
- Mountain Climber
- Squats
- Pushups (on knees/toes)
- Flutter Kicks
- Superman
- [Side Drills](#)
- Shoulder Taps (10/side)

Day 2 – HIIT

- High knees
- Shadow Punches
- Alternate Heel Tap
- Kneeling Pushup
- Standing Knee to Elbow
- Floor IYT Raise
- Lunges

Day 3 – OFF

Day 4 – Circuit

- Half Burpees
- Shoulder Tap
- Kneeling Pushups
- Superman
- Flutter Kicks
- Side Plank

Day 5 – LISS

- Ankle Hops
- Mountain Climbing
- Jumping Jacks
- Bear Crawl
- High Knees
- Alternate Heel Tap
- Prone IYT Raises
- Reverse Crunches

Day 6 – OFF

Day 7 – OFF

Day 8 – HIIT

- Jumping Jacks
- Mountain Climbing
- Side-to-Side Run
- Alternate Heel Tap
- Shadow Punches
- Flutter Kicks

Day 9 – LISS

- Half Burpees
- Split Squat
- Push-ups
- Flutter Kicks
- Plank
- Standing Knee Tap Jump
- Glute Bridge

Day 10 – OFF

Day 11 – Circuit

- Squat Jump
- Mountain Climbing
- Push-up (Knee/Toes)
- Alternate Heel Tap
- Superman
- Shoulder Tap

Day 12 – LISS

- Ankle Hop
- Jumping Jacks
- Bear Crawl
- Squats
- Reverse Crunches
- Push-ups
- Side Plank Hip Dip
- Jumping Lunge

Day 13 – OFF

Day 14 – OFF

Day 15 – HIIT

- Mountain Climbing
- Shadow Punches
- Push-ups
- Squats
- Flutter Kicks
- Superman
- Glute Bridge

Day 16 – LISS

- Jumping Jacks
- Lunges
- Narrow Pushups
- Bear Crawl
- Half Burpees
- Reverse Crunches
- Standing Knee Tap Jump
- Plank

Day 17 – OFF

Day 18 – Circuit

- **Bear Crawl**
- Prone IYT Raises
- Squat Jump
- Reverse Crunches
- Shoulder Tap
- Alternate Heel Tap

Day 19 – LISS

- Half Burpees
- Split Squat
- Push-ups
- Flutter Kicks
- Plank
- Standing Knee Tap Jump
- Glute Bridge

Day 20 – OFF

Day 21 – OFF

Day 22 – HIIT

- Jumping Jacks
- Mountain Climbing
- Squat Jump
- Shadow Punches
- Pushups
- Superman

Day 23 – LISS

- Jumping Jacks
- Lunges
- Narrow Pushups
- Half Burpees
- Bear Crawl
- Reverse Crunches
- Standing Knee Tap Jump
- Plank

Day 24 – OFF

Day 25 – Circuit

- Mountain Climbing
- Jumping Jacks
- Prone IYT Raises
- Dive Bomber Pushup
- Alternate Heel Tap

Day 26 – LISS

- Squat Jump
- Reverse Crunches
- Jumping Jacks
- Lunges
- Narrow Pushups
- Bear Crawl
- Reverse Crunches
- Plank

Day 27 – OFF

Day 28 – OFF

Day 29 – HIIT

- Reverse Crunches
- Shadow Punches
- Bear Crawl
- Standing Knee Tap Jump
- Shoulder Tap
- Mountain Climbing
- Half Burpees

Day 30 – LISS

- Jumping Jacks
- Mountain Climbing
- Pushups
- Prone IYT Raises
- Squats
- Reverse Crunches
- Glute Bridge

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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