



30 days of **CHANGE**

streamline

RUNNING + BODYWEIGHT TRAINING

part 1

Cardio

LEVEL I: 30 minutes of walking

LEVEL II: 30 minutes of jogging

LEVEL III: 30 minutes of running

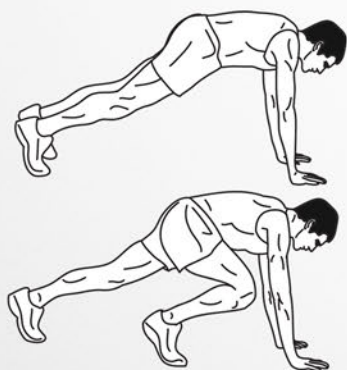
part 2

Bodyweight Training

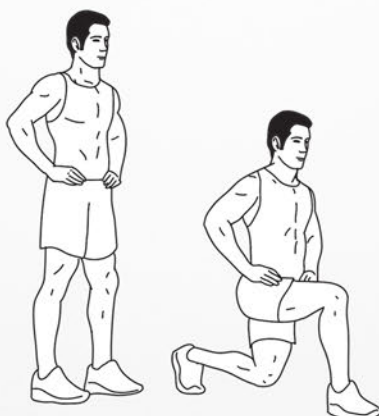
reps **Level I:** 6 reps **Level II:** 10 reps **Level III:** 12 reps

sets **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

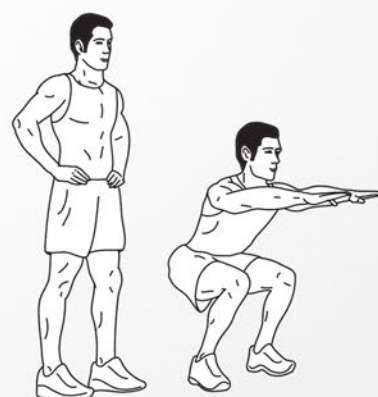
up to 2 minutes rest between sets



slow climbers



lunges



squats

part 1 Cardio



jumping jacks high knees

6 jumping jacks
6 high knees
10 jumping jacks
10 high knees
20 jumping jacks
20 high knees
10 jumping jacks
10 high knees
6 jumping jacks
6 high knees

Level I: 3 sets

Level II: 6 sets

Level III: 9 sets

**up to 2 minutes
rest between sets**

part 2 Static

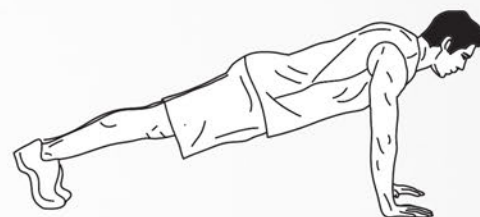
1. plank

repeat 3 times during the day

LEVEL I: 30 seconds

LEVEL II: 2 minutes

LEVEL III: 3 minutes



2. wall-sit

repeat 3 times during the day

LEVEL I: 30 seconds

LEVEL II: 2 minutes

LEVEL III: 3 minutes



part 1

Cardio

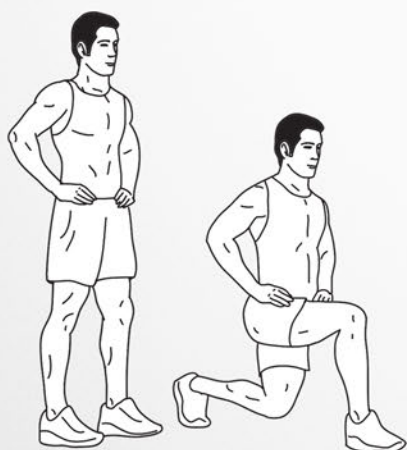
60
minutes

spread throughout the day
walk, jog or run
bike, swim or row

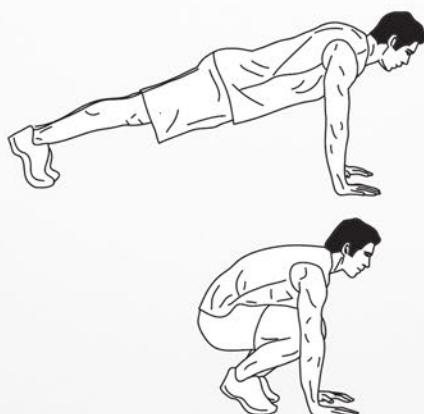
part 2

Bodyweight Training

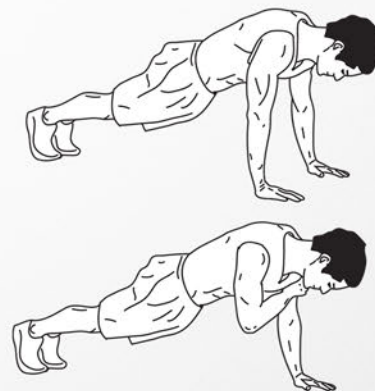
reps **Level I:** 6 reps **Level II:** 10 reps **Level III:** 14 reps each
repeat 5 times - all levels
up to 2 minutes rest between sets



lunges



plank jump-ins



shoulder taps

part 1

Cardio

warm-up 2 minute walk

1 minute run then 1 minute walk

2 minute run then 2 minute walk

3 minute run then 3 minute walk

4 minute run then 4 minute walk

cool-down light jog for 2 minute

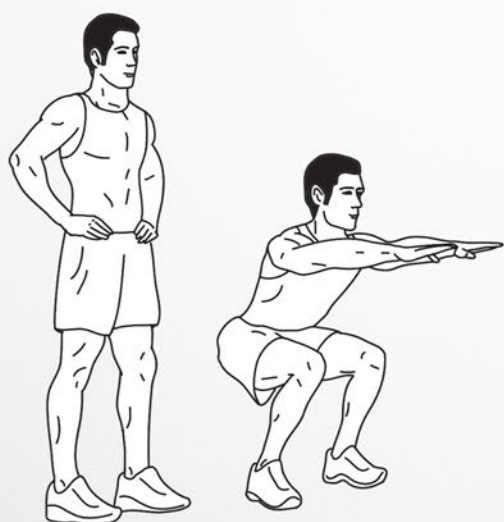
part 2

Bodyweight Training

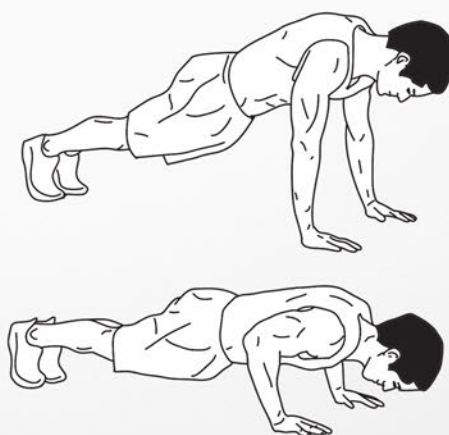
reps **Level I:** 10 reps **Level II:** 12 reps **Level III:** 16 reps

sets **Level I:** 3 sets **Level II:** 4 sets **Level III:** 5 sets

up to 2 minutes rest between sets



squats



push-ups

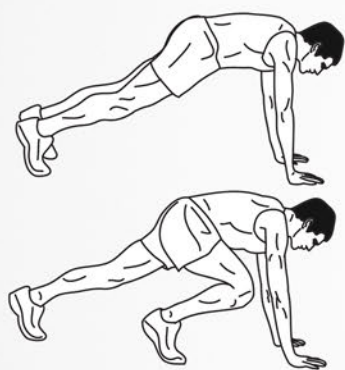
Bodyweight Workout

Complete each exercise one after the other with no rest in between

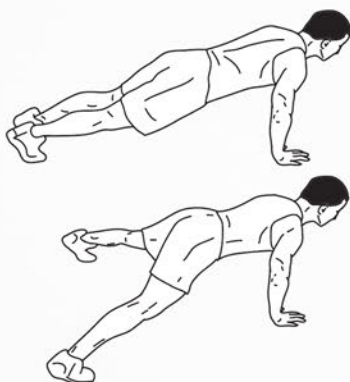
10 reps each exercise

LEVEL I: 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

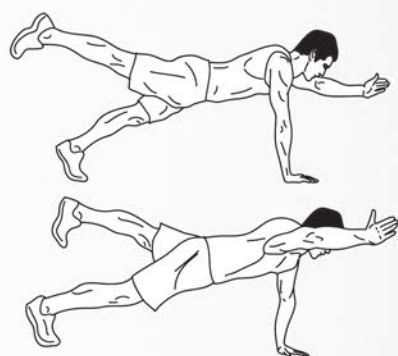
up to 2 minutes rest between sets



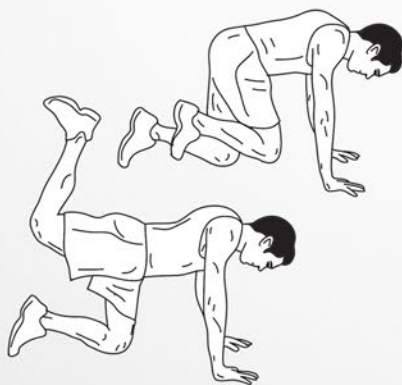
slow climbers



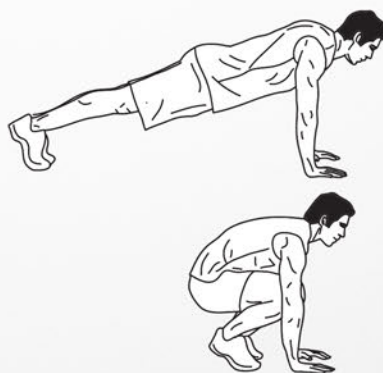
plank jacks



alt arm / leg raises



donkey kicks



plank jump-ins

part 1

Cardio

LEVEL I: 20 minutes walk, jog or run

LEVEL II: 20 minutes jog or run

LEVEL III: 20 minutes run

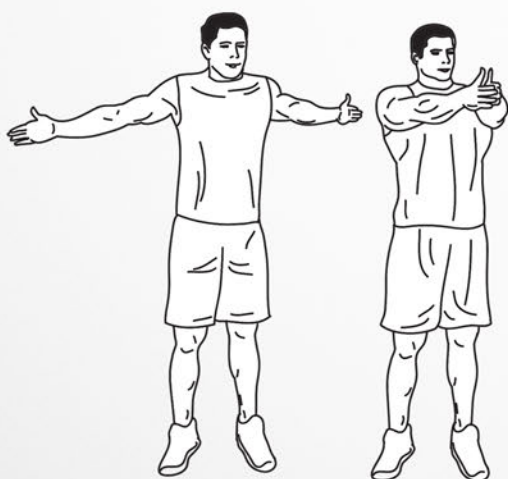
part 2

Stretching

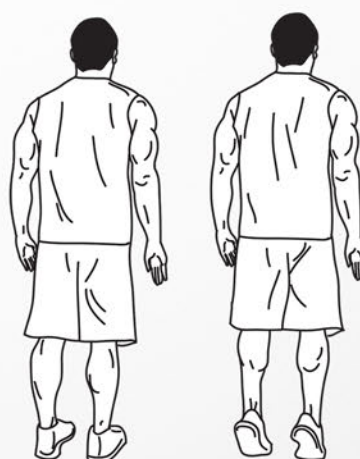
reps **Level I:** 5 reps **Level II:** 10 reps **Level III:** 20 reps

repeat 5 times - all levels

up to 2 minutes rest between sets



chest expansions



calf raises

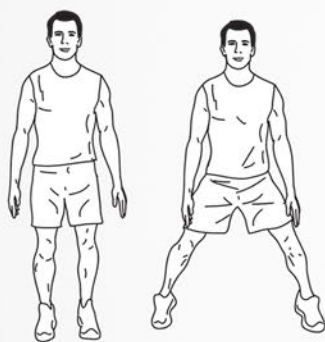
Bodyweight Workout

Complete each exercise one after the other with no rest in between

10 reps each exercise

LEVEL I: 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

up to 2 minutes rest between sets



half jacks



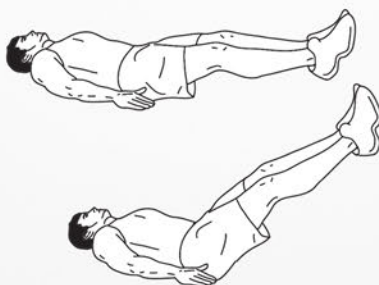
high knees



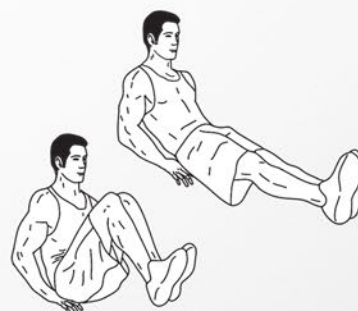
side-to-side lunges



air bike crunches



leg raises



leg pull-ins

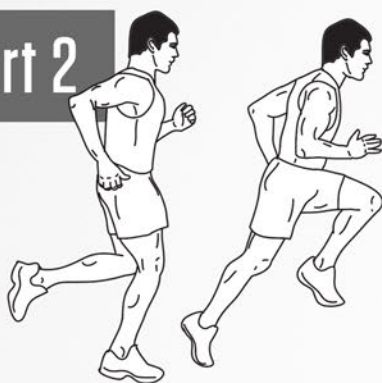
part 1 Cardio

20 minutes - low speed or walk

10 minutes - jog at a comfortable pace

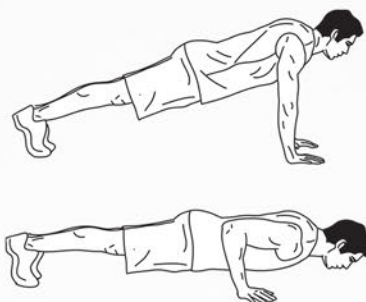
10 minutes - run at your 80%

part 2



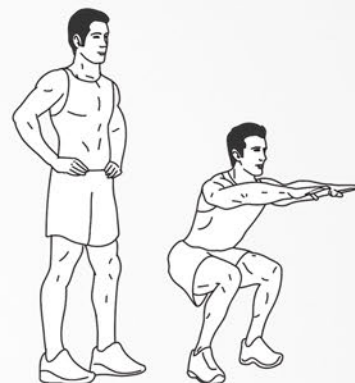
sprints

up to 2 minutes
rest between sprints



push-ups

right after the sprint
[reps for each level]



squats

right after the push-up
[reps for each level]

- | | | | | | |
|----|------------------|---|---------------------|---|----------------------|
| 1. | 10 second sprint | → | I: 2 II: 6 III: 10 | → | I: 4 II: 10 III: 20 |
| 2. | 15 second sprint | → | I: 4 II: 10 III: 14 | → | I: 6 II: 14 III: 30 |
| 3. | 20 second sprint | → | I: 8 II: 14 III: 20 | → | I: 10 II: 18 III: 40 |
| 4. | 15 second sprint | → | I: 4 II: 10 III: 14 | → | I: 6 II: 14 III: 30 |
| 5. | 10 second sprint | → | I: 2 II: 6 III: 10 | → | I: 4 II: 10 III: 20 |

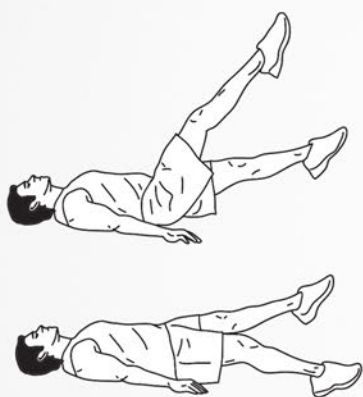
Bodyweight Workout

Complete each exercise one after the other with no rest in between

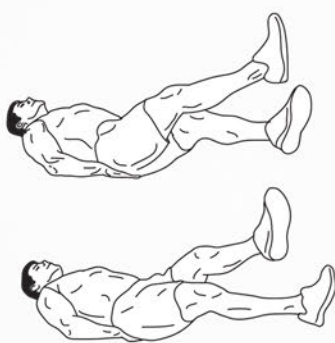
10 reps each exercise

LEVEL I: 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

up to 2 minutes rest between sets



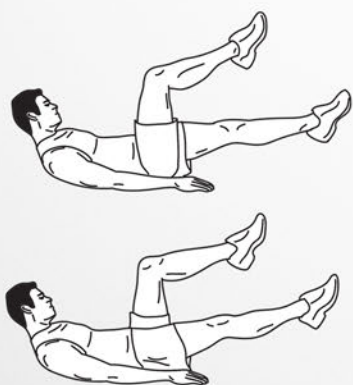
flutter kicks



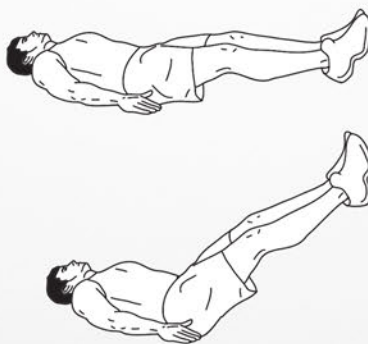
scissors



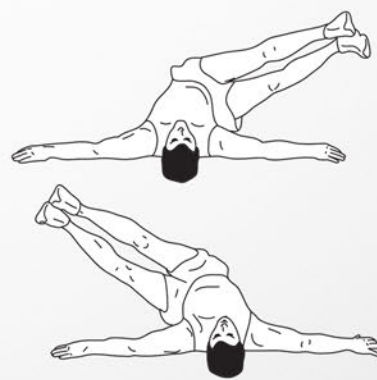
sitting twists



air bike crunches



leg raises



windshield wipers

part 1

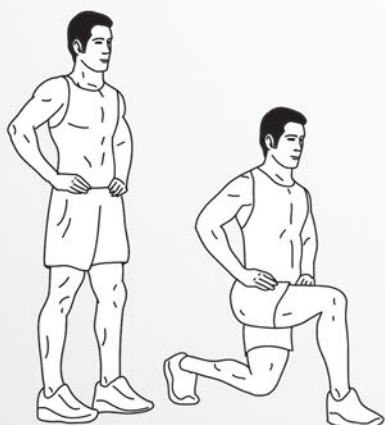
Cardio

20 minutes of walking/ jogging/ running
followed by **5 x 10second** sprints
up to 2 minutes rest between sets

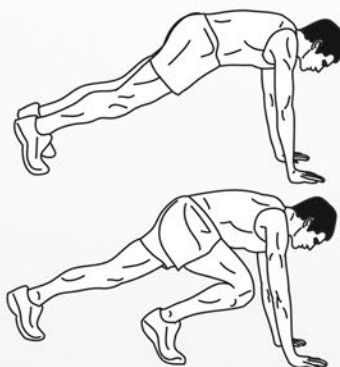
part 2

Bodyweight Training

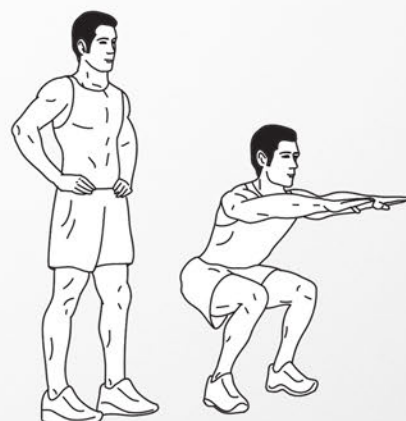
reps **Level I:** 10 reps **Level II:** 14 reps **Level III:** 20 reps
repeat 5 times - all levels
up to 2 minutes rest between sets



lunges



slow climbers



squats

part 1

Cardio

60
minutes

spread throughout the day
walk, jog or run
bike, swim or row

part 2

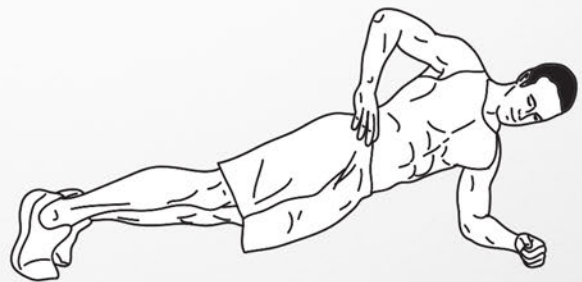
Core Training

LEVEL I: 1 set **LEVEL II:** 3 sets **LEVEL III:** 5 sets
up to 2 minutes rest between sets

30 second elbow plank
15 second side plank on one side
15 second side plank on the other side
30 second elbow plank



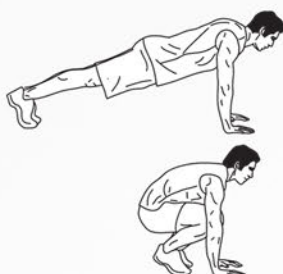
elbow plank



side plank

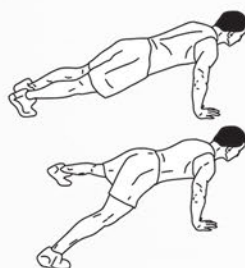
Bodyweight Cardio

Level I: 3 sets **Level II:** 5 sets **Level III:** 7 sets
up to 2 minutes rest between sets



10 jumping jacks

10 plank jump-ins



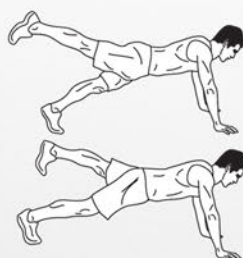
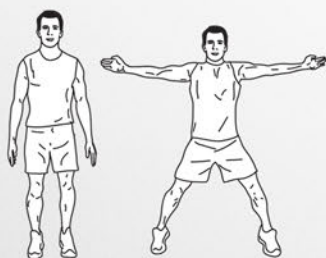
20 high knees

20 plank jacks



20 leg raises

20 climbers



10 jumping Ts

10 plank leg raises

part 1

Cardio run/jog/walk
with extra weight 2 lbs [1 kg]

LEVEL I: 20 minutes

LEVEL II: 30 minutes

LEVEL III: 40 minutes

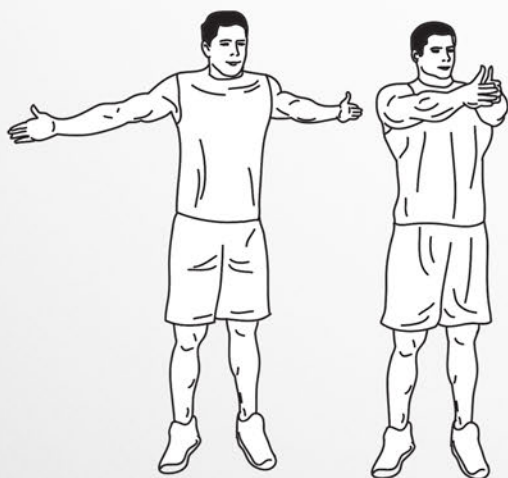
use a backpack
or hold a dumbbell
in each arm



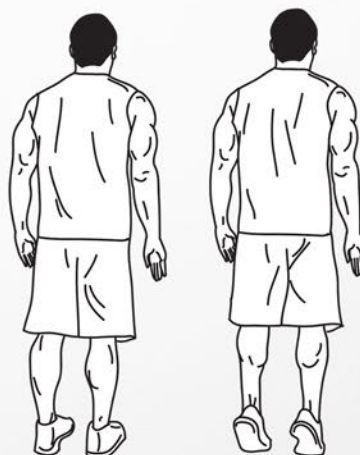
part 2

Stretching

reps **Level I:** 5 reps **Level II:** 10 reps **Level III:** 20 reps
repeat 5 times - all levels | up to 2 minutes rest between sets



chest expansions

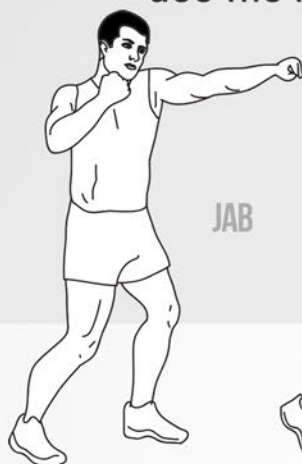


calf raises

part 1

Shadowboxing

5 minutes - move as fast as you can **X 5 sets**
up to 2 minutes rest between sets
use the moves below



JAB



CROSS



HOOK

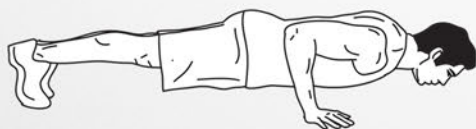


UPPERCUT

part 2

Bodyweight Training

reps **Level I:** 5 reps **Level II:** 10 reps **Level III:** 20 reps
repeat 5 times | up to 2 minutes rest between sets



push-ups



squats

part 1

Cardio

LEVEL I: 20 minute walk, jog or run

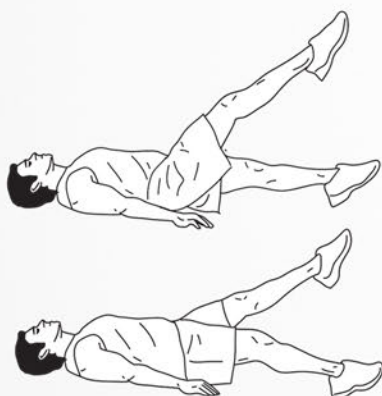
LEVEL II: 20 minute jog or run

LEVEL III: 20 minute run

part 2

Bodyweight Training

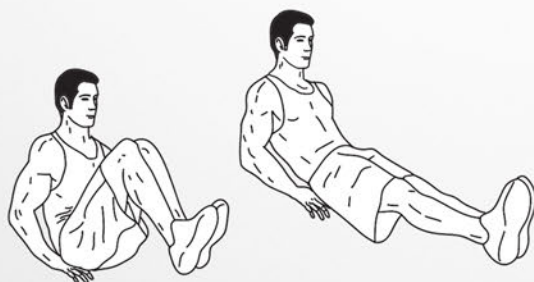
reps **Level I:** 6 reps **Level II:** 10 reps **Level III:** 16 reps
repeat 5 times | up to 2 minutes rest between sets



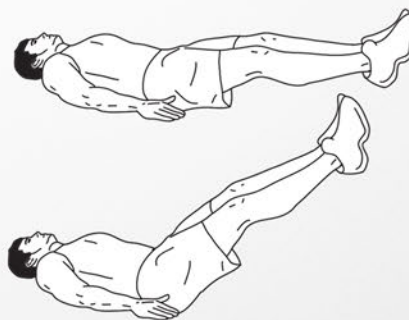
flutter kicks



sitting twists



leg pull-ins



leg raises

Bodyweight Workout

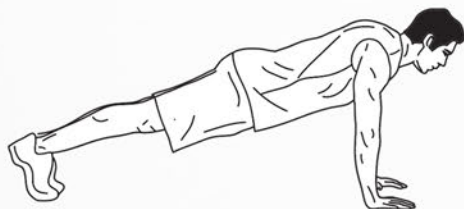
Complete each exercise one after the other with no rest in between

LEVEL I: 10 seconds **LEVEL II:** 20 seconds **LEVEL III:** 30 seconds

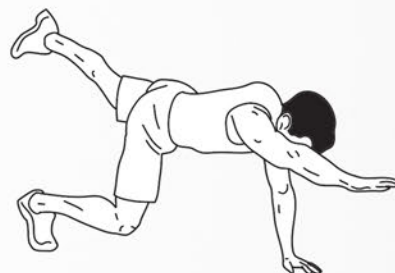
3 sets in total | up to 2 minutes rest between sets



wall sit



plank



alt arm/leg planks



modified V-sit



push-up plank



superman

part 1

Cardio

LEVEL I: 20 minute walk, jog or run

LEVEL II: 20 minute jog or run

LEVEL III: 20 minute run

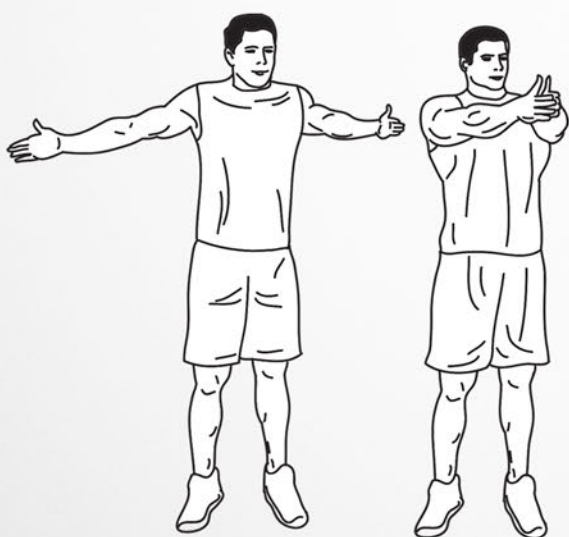
part 2

Stretching

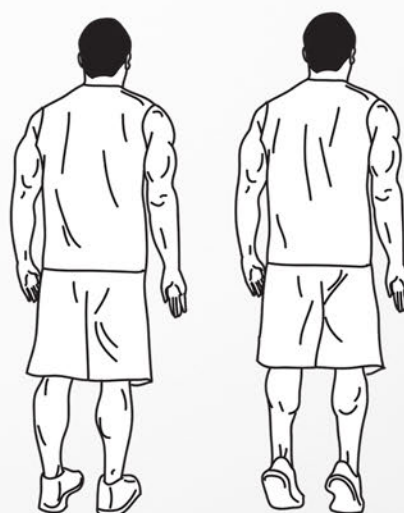
reps **Level I:** 5 reps **Level II:** 10 reps **Level III:** 15 reps

repeat 5 times

up to 2 minutes rest between sets



chest expansions



calf raises

part 1

Cardio

LEVEL I: 30 minutes of walking

LEVEL II: 40 minutes of walking

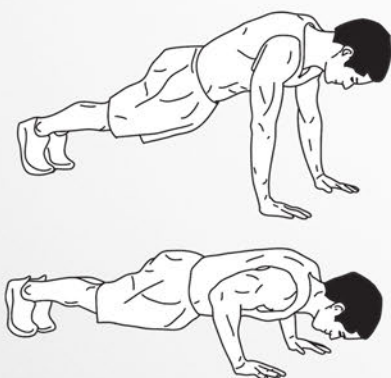
LEVEL III: 60 minutes of walking

part 2

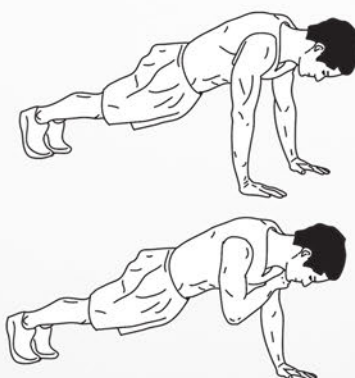
Bodyweight training

reps **Level I:** 6 reps **Level II:** 10 reps **Level III:** 20 reps

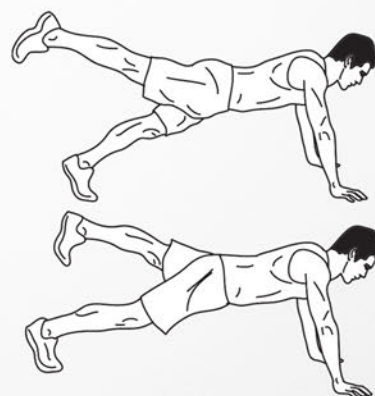
repeat 5 times | up to 2 minutes rest between sets



push-ups



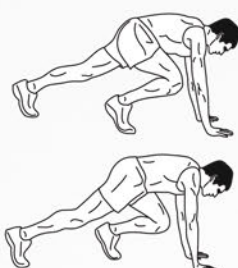
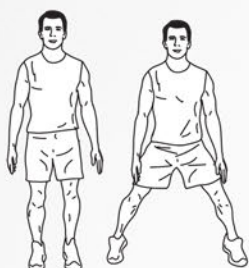
shoulder taps



plank leg raises

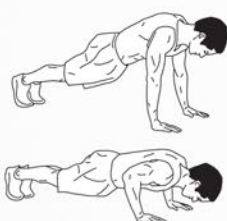
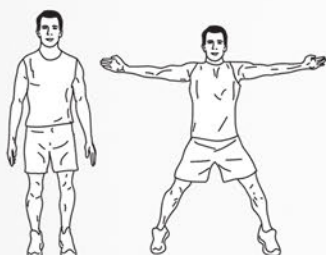
Bodyweight Cardio

Level I: 3 sets **Level II:** 5 sets **Level III:** 7 sets
up to 2 minutes rest between sets



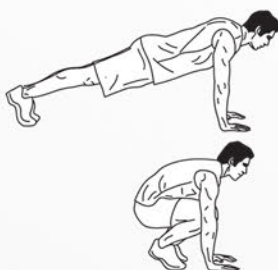
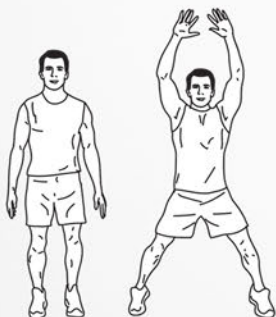
20 half jacks

20 climbers



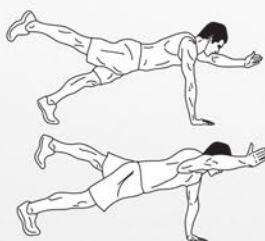
10 jumping Ts

10 push-ups



20 jumping jacks

20 plank jump-ins



10 high knees

10 alt arm/leg raises

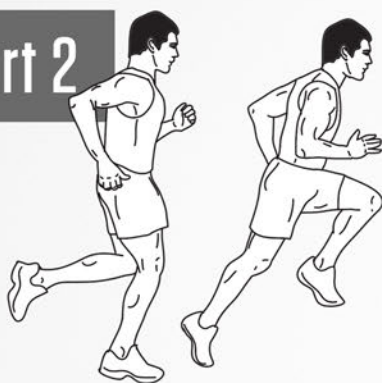
part 1 Cardio

10 minutes - low speed or walk

20 minutes - jog at a comfortable pace

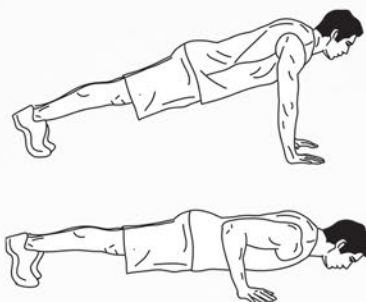
10 minutes - run at your 80%

part 2



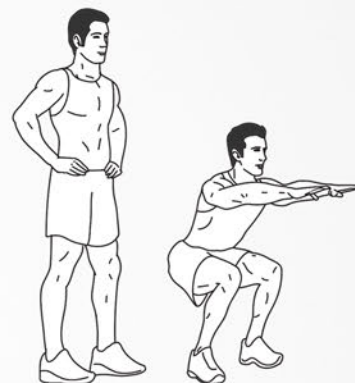
sprints

up to 2 minutes
rest between sprints



push-ups

right after the sprint
[reps for each level]



squats

right after the push-up
[reps for each level]

1. 10 second sprint → I: 4 II: 8 III: 15 → I: 6 II: 12 III: 30
2. 20 second sprint → I: 6 II: 12 III: 18 → I: 8 II: 16 III: 40
3. 30 second sprint → I: 10 II: 16 III: 22 → I: 12 II: 20 III: 50
4. 20 second sprint → I: 6 II: 12 III: 18 → I: 8 II: 16 III: 40
5. 10 second sprint → I: 4 II: 8 III: 15 → I: 8 II: 12 III: 30

Bodyweight Workout

Complete each exercise one after the other with no rest in between

10 reps each exercise

LEVEL I: 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

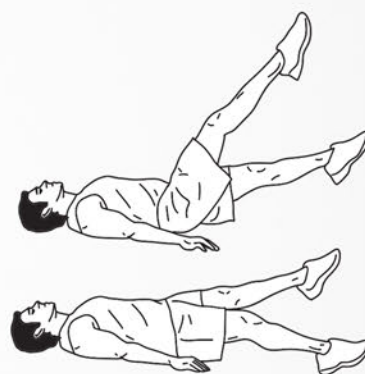
up to 2 minutes rest between sets



sitting twists



leg pull-ins



flutter kicks



long arm crunches



heel taps

part 1

Cardio

LEVEL I: 20 minute walk, jog or run

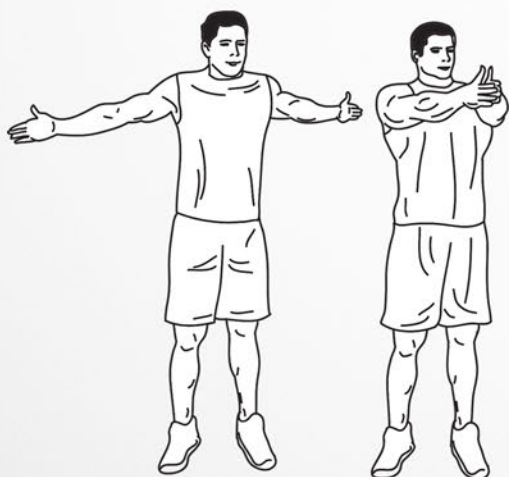
LEVEL II: 20 minute jog or run

LEVEL III: 20 minute run

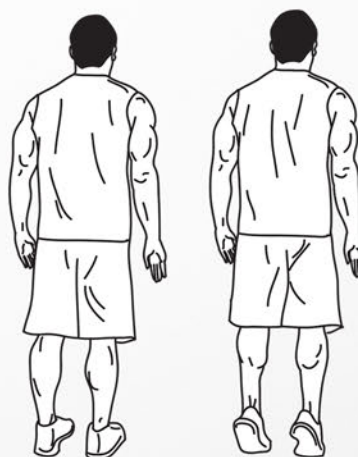
part 2

Stretching

reps **Level I:** 10 reps **Level II:** 15 reps **Level III:** 20 reps each
repeat 5 times | up to 2 minutes rest between sets



chest expansions



calf raises

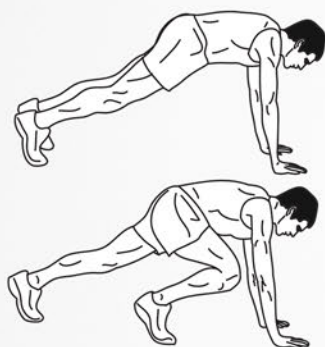
Bodyweight Workout

Complete each exercise one after the other with no rest in between

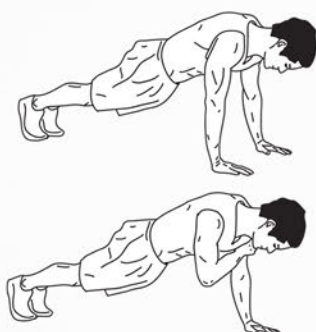
10 reps each exercise

LEVEL I: 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

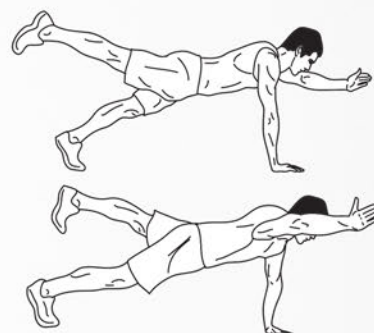
up to 2 minutes rest between sets



slow climbers



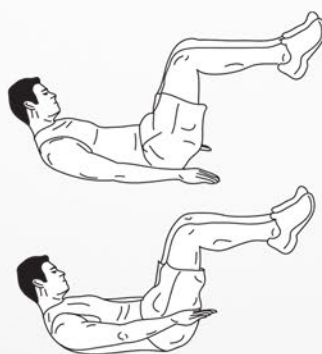
shoulder taps



alt arm/leg raises



donkey kicks



hundreds



heel taps

part 1

Cardio

20 minutes of running or jogging

1 minute sprint

1 minute comfortable recovery pace

part 2

Bodyweight Training

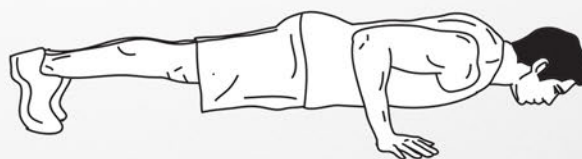
reps **Level I:** 12 reps **Level II:** 16 reps **Level III:** 22 reps each

sets **Level I:** 3 sets **Level II:** 4 sets **Level III:** 5 sets

up to 2 minutes rest between sets



squats



push-ups

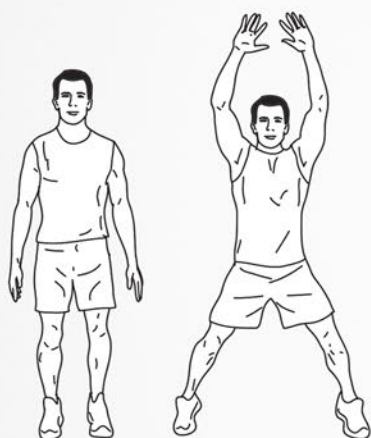
Bodyweight Workout

Complete each exercise one after the other with no rest in between

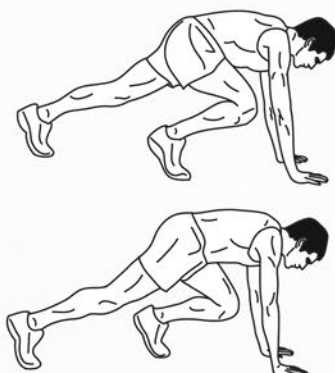
10 reps each exercise

LEVEL I: 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

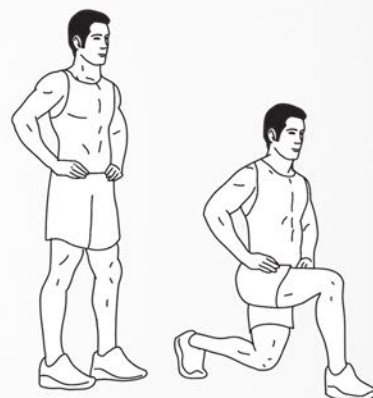
up to 2 minutes rest between sets



jumping jacks



climbers



lunges



sit-ups



leg raises



flutter kicks

part 1

Cardio

60
minutes

spread throughout the day
walk, jog or run
bike, swim or row

part 2

Bodyweight Training

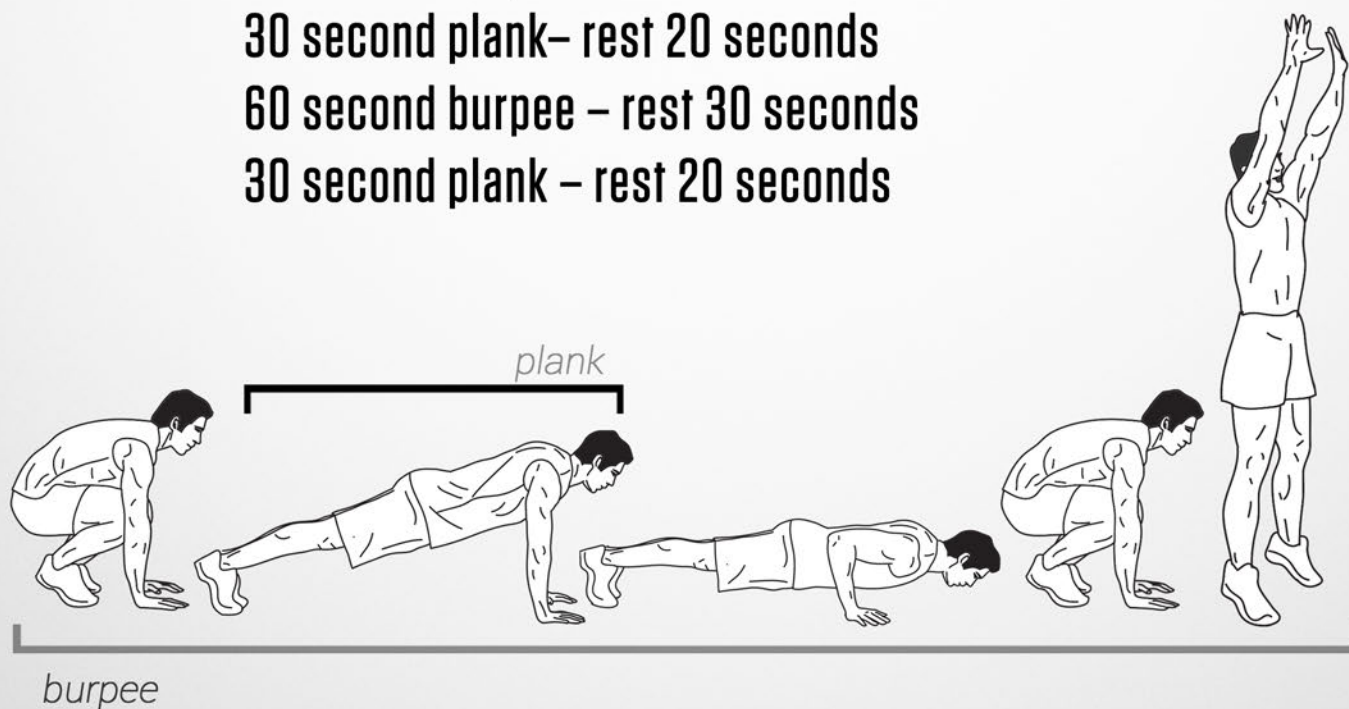
LEVEL I: 1 set **LEVEL II:** 3 sets **LEVEL III:** 5 sets
- throughout the day

60 second burpee– rest 30 seconds

30 second plank– rest 20 seconds

60 second burpee – rest 30 seconds

30 second plank – rest 20 seconds



part 1 Cardio

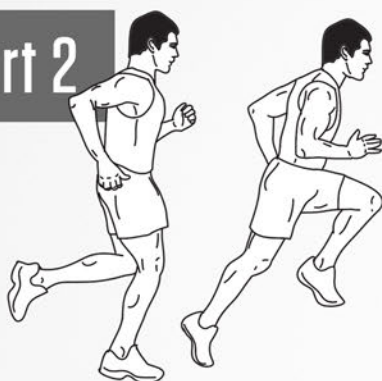
10 minutes - light jog or walk

10 minutes - run

10 minutes - light jog or walk

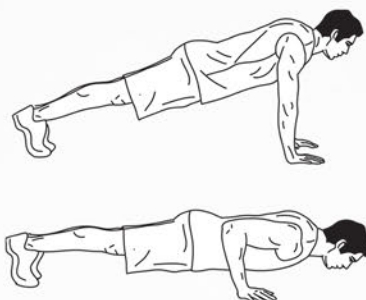
10 minutes - run

part 2



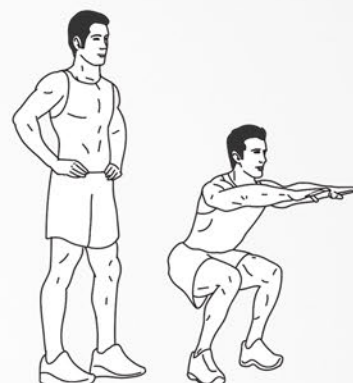
sprints

up to 2 minutes
rest between sprints



push-ups

right after the sprint
[reps for each level]



squats

right after the push-up
[reps for each level]

1. 10 second sprint → I: 6 II: 10 III: 20 → I: 8 II: 14 III: 20
2. 20 second sprint → I: 8 II: 14 III: 22 → I: 8 II: 20 III: 30
3. 30 second sprint → I: 12 II: 18 III: 25 → I: 12 II: 25 III: 40
4. 20 second sprint → I: 8 II: 14 III: 22 → I: 8 II: 20 III: 30
5. 10 second sprint → I: 6 II: 10 III: 20 → I: 8 II: 14 III: 20

Bodyweight Workout

Complete each exercise one after the other with no rest in between

10 reps each exercise

LEVEL I: 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

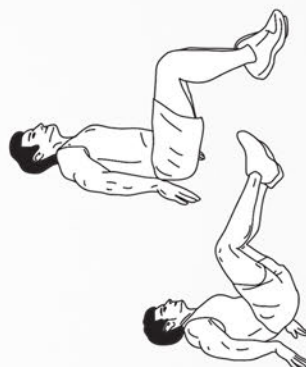
up to 2 minutes rest between sets



knee crunches



heel taps



reverse crunches



bridges



leg raises

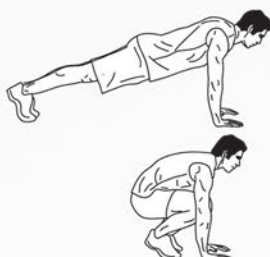


leg pull-ins



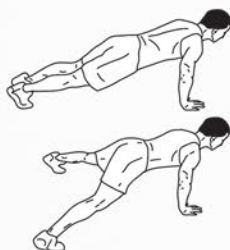
Bodyweight Cardio

Level I: 3 sets **Level II:** 5 sets **Level III:** 7 sets
up to 2 minutes rest between sets



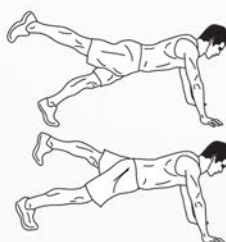
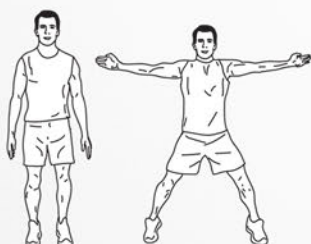
10 high knees

10 plank jump-ins



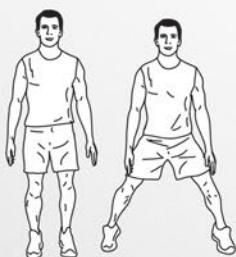
20 jumping jacks

20 plank jacks



20 jumping Ts

20 plank leg raises



10 half jacks

10 climbers

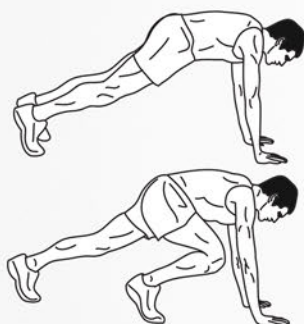
Bodyweight Workout

Complete each exercise one after the other with no rest in between

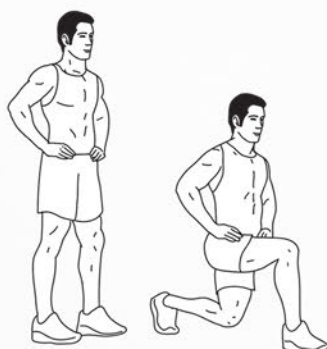
10 reps each exercise

LEVEL I: 3 times **LEVEL II:** 5 times **LEVEL III:** 7 times

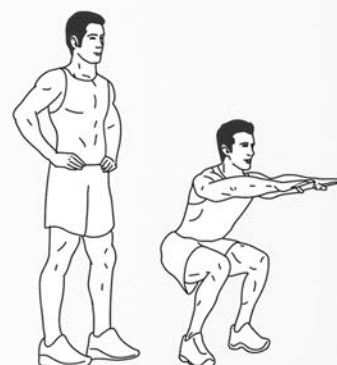
up to 2 minutes rest between sets



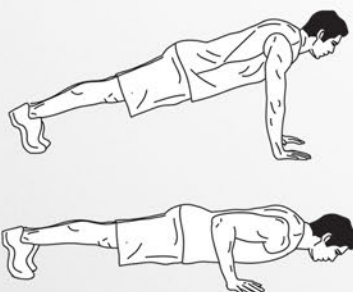
slow climbers



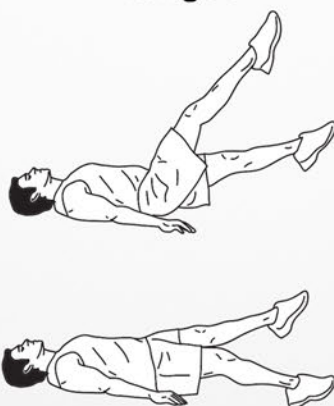
lunges



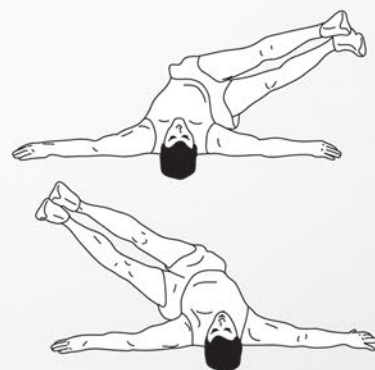
squats



push-ups



flutter kicks



windshield wipers

visual workouts and fitness programs at
DAREBEE | darebee.com

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