



Assignments for May

*Use CARDIO Fitness Log for Assignments.

Workout days will be used to prepare you for FITNESS FINAL on May 17th-21st.

60 days of
CARDIO

60 Days of CARDIO

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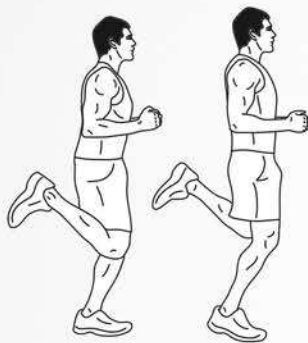
DAY 5

Level I 3 sets

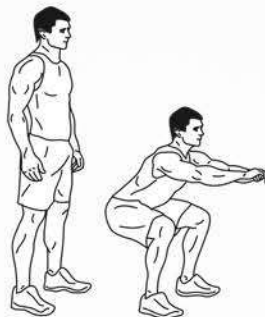
Level II 5 sets

Level III 7 sets

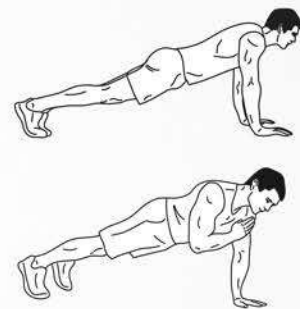
2 minutes rest between sets



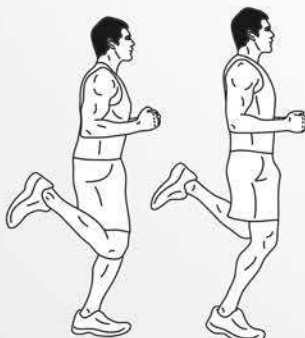
10 butt kicks



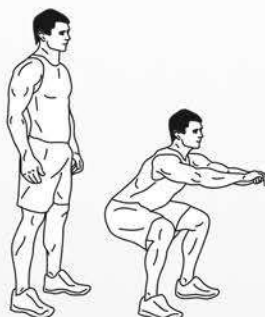
2 squats



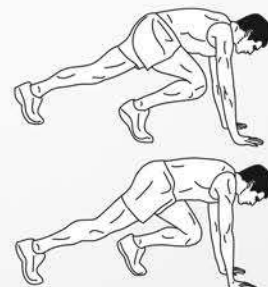
10 shoulder taps



10 butt kicks



2 squats



10 climbers

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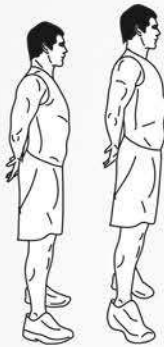
DAY 11

Level I 3 sets

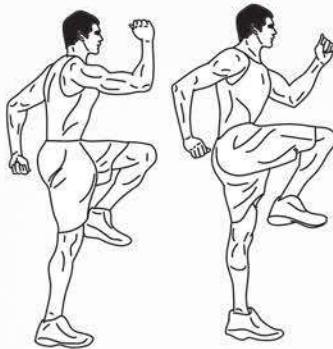
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



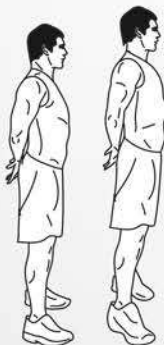
10 calf raises



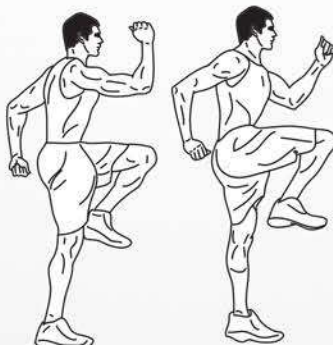
10 march steps



10 high knees



10 calf raises



10 march steps



2 jump squats

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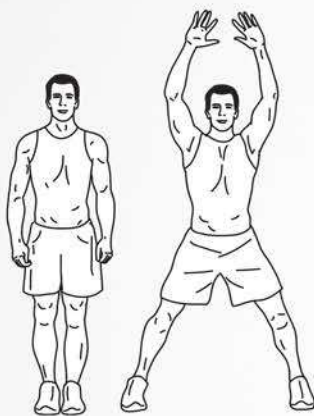
DAY 17

Level I 3 sets

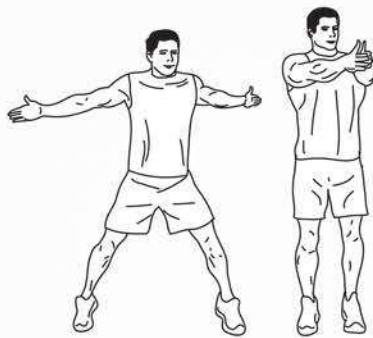
Level II 5 sets

Level III 7 sets

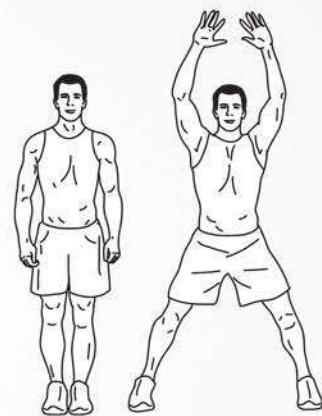
2 minutes rest between sets



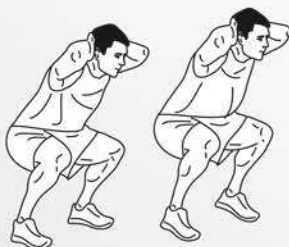
10 jumping jacks



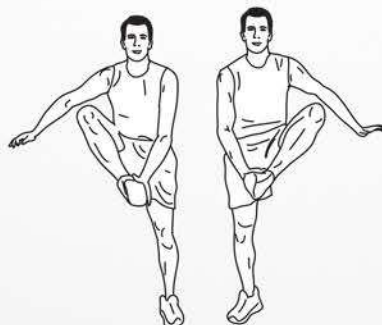
4 seal jacks



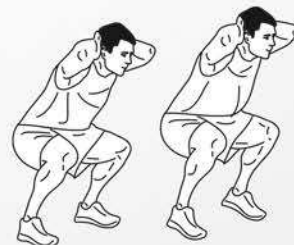
10 jumping jacks



10 squat hops



4 toe tap hops



10 squat hops

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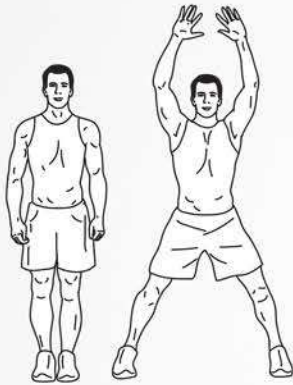
DAY 23

Level I 3 sets

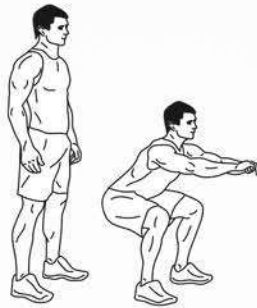
Level II 5 sets

Level III 7 sets

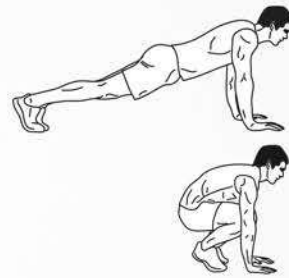
2 minutes rest between sets



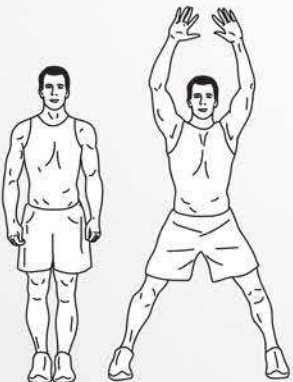
10 jumping jacks



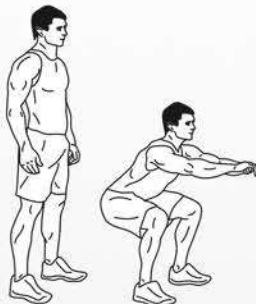
2 squats



2 plank jump-ins



10 jumping jacks



2 squats



10 plank rotations

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DAY 24

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 high knees

2 superman extensions

10 high knees

2 superman extensions

10 high knees

2 superman extensions



10 high knees

2 superman extensions



10 high knees

2 superman extensions