

# FOUNDATION

**Assignments for  
August 24th - October 16th**

*\*Use FOUNDATION Fitness Log for Assignments.*

**fitness**

**LOW IMPACT BODYWEIGHT TRAINING**

# Foundation

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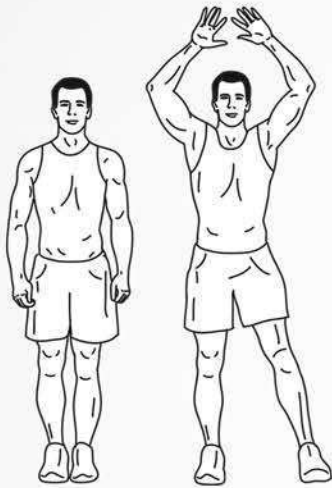
## Day 1 | Fast Pace Cardio

Level I 3 sets

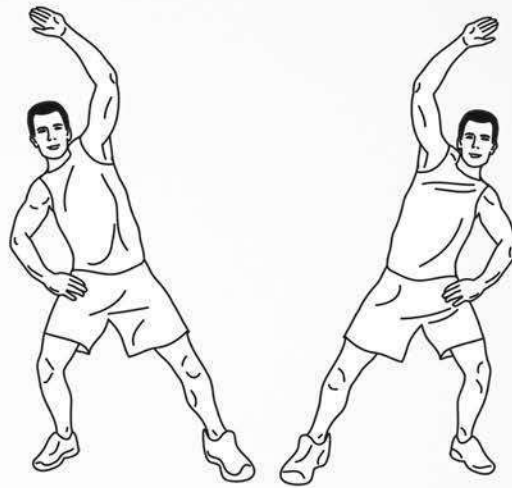
Level II 5 sets

Level III 7 sets

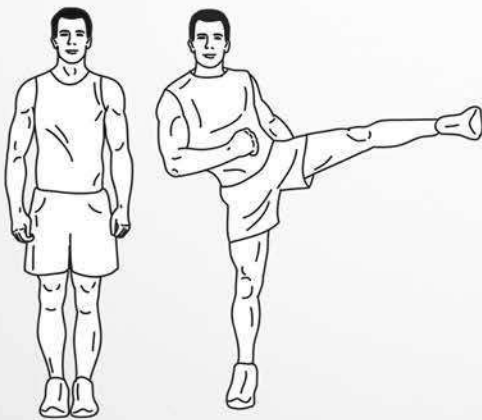
2 minutes rest between sets



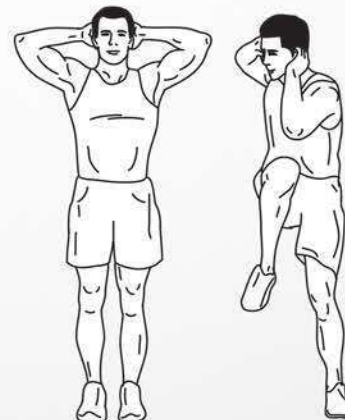
**10** step jacks



**10** side jacks



**10** side leg raises



**10** knee-to-elbows

# Foundation

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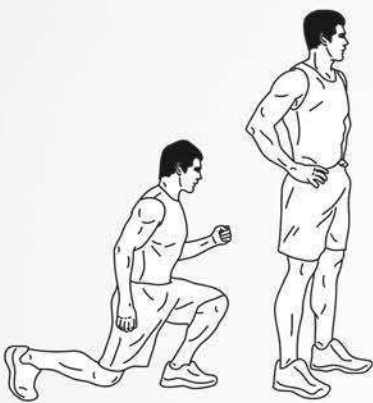
## Day 2 | Strength

Level I 3 sets

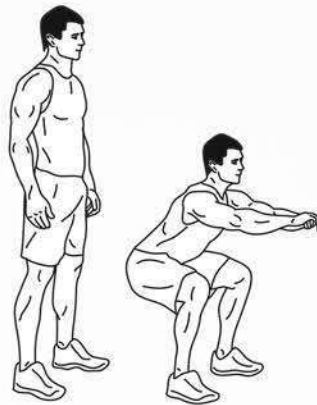
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



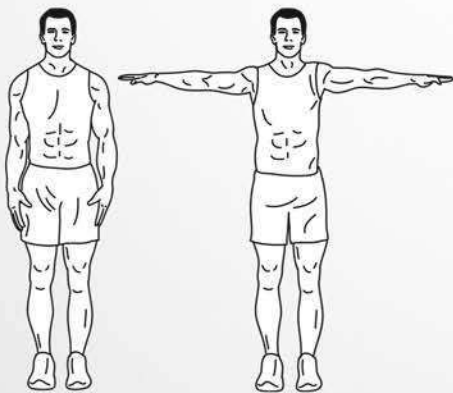
**6** reverse lunges



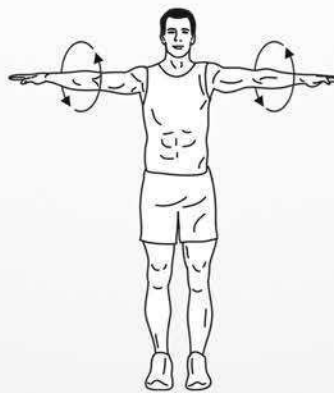
**6** squats



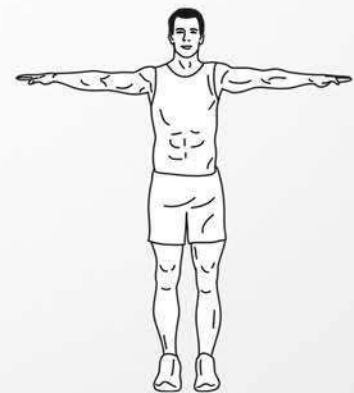
**6-count** squat hold



**20** arm raises



**20** raised arm circles



**20-count** arm hold

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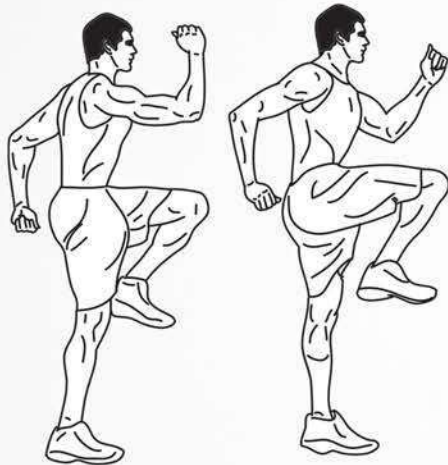
## Day 3 | Fast Pace Cardio

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets



**10** march steps

**4** high knees

**10** march steps

**4** high knees

**10** march steps

**4** high knees



# Foundation

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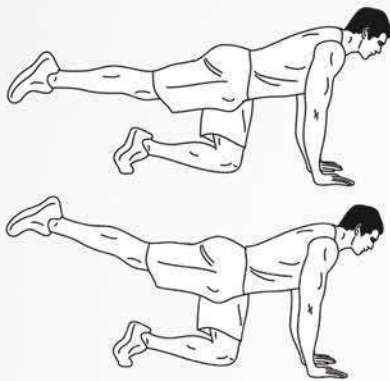
## Day 4 | Tendon Strength

Level I 3 sets

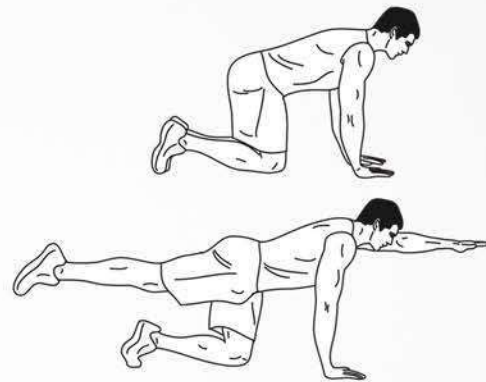
Level II 4 sets

Level III 5 sets

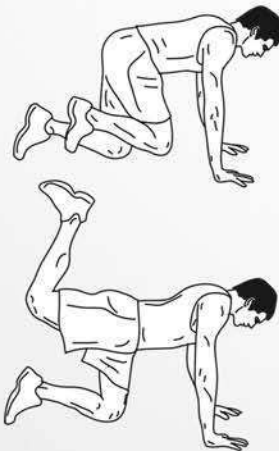
2 minutes rest between sets



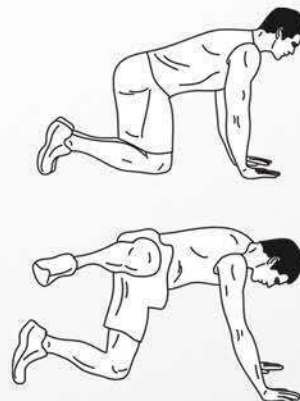
**20** raised leg swings



**10** alt arm / leg raises



**20** upward leg extensions



**10** side leg extensions



# Foundation

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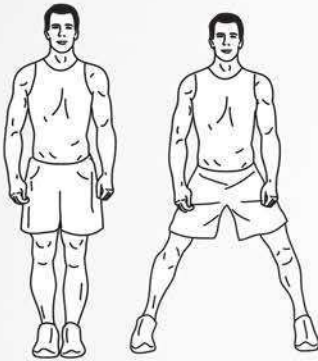
## Day 5 | Fast Pace Cardio

Level I 3 sets

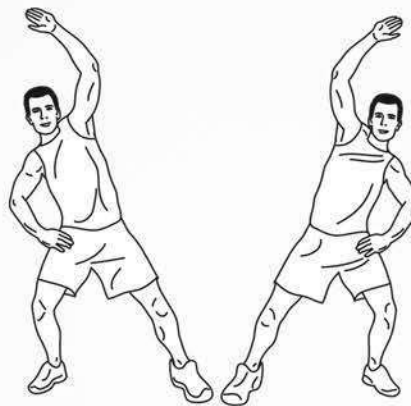
Level II 5 sets

Level III 7 sets

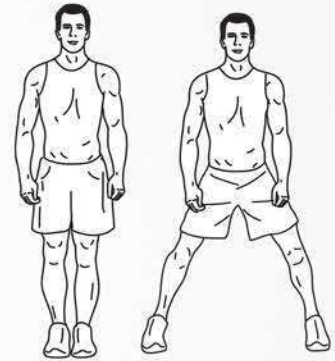
2 minutes rest between sets



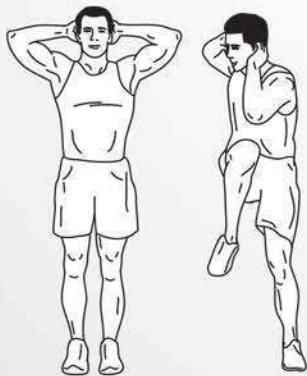
**4** half jacks



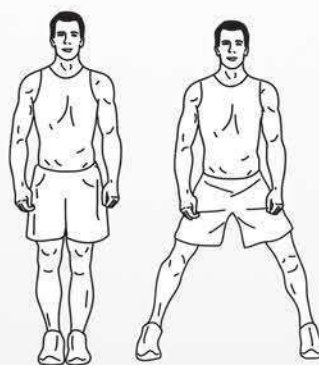
**10** side jacks



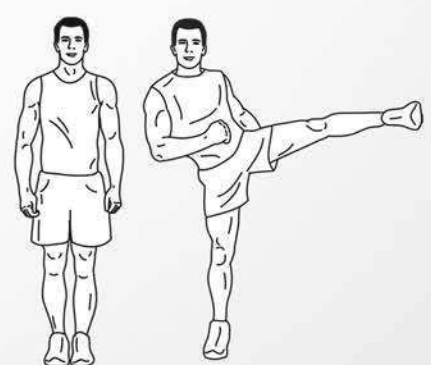
**4** half jacks



**10** knee-to-elbows



**4** half jacks



**10** side leg raises

# Foundation

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## Day 6 | Abs & Core

Level I 3 sets

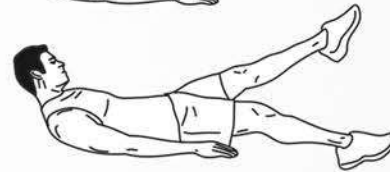
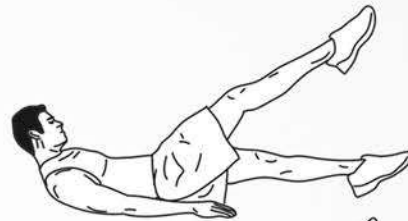
Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**10** crunches



**10** flutter kicks



**6** sitting twists



**6** raised leg circles

# Foundation

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## Day 7 | Strength

**Level I** 3 sets

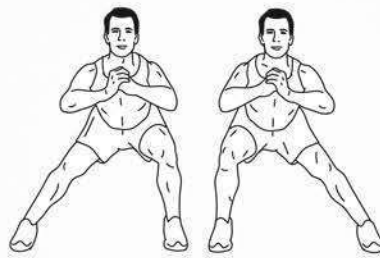
**Level II** 5 sets

**Level III** 7 sets

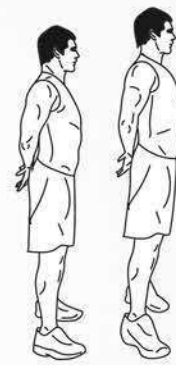
2 minutes rest between sets



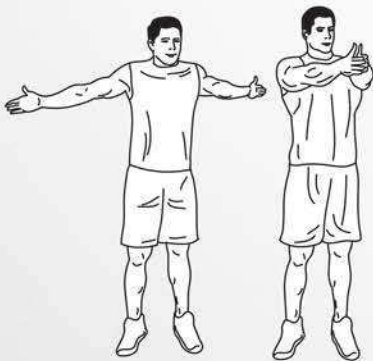
**4** lunges



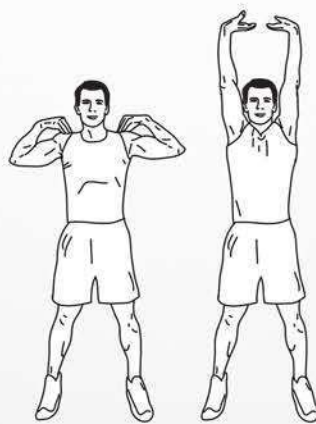
**4** side-to-side lunges



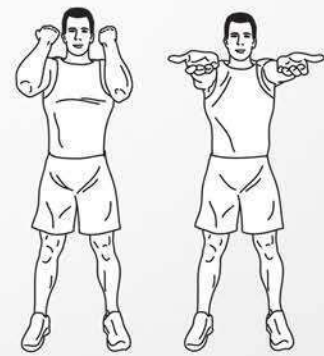
**4** calf raises



**20** chest expansions



**20** standing shoulder taps



**20** bicep extensions



# Foundation

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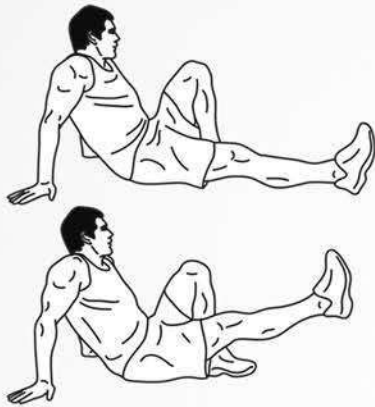
## Day 8 | Tendon Strength

Level I 3 sets

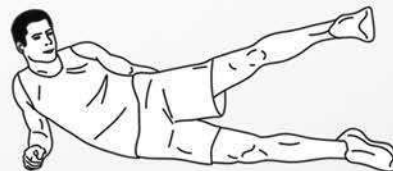
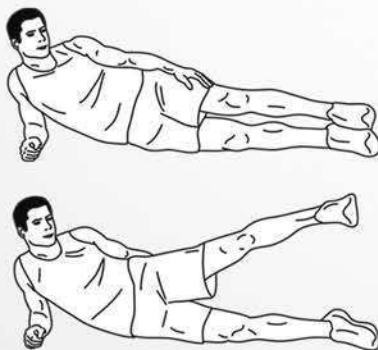
Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**20** leg raises + **10-count** raised leg hold  
change sides and repeat



**20** side leg raises + **10-count** side leg raise hold  
change sides and repeat

# Foundation

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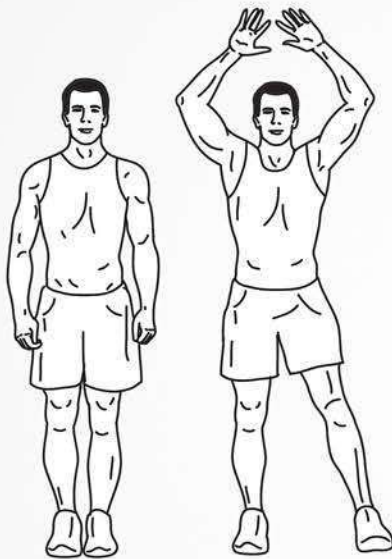
## Day 9 | Fast Pace Cardio

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

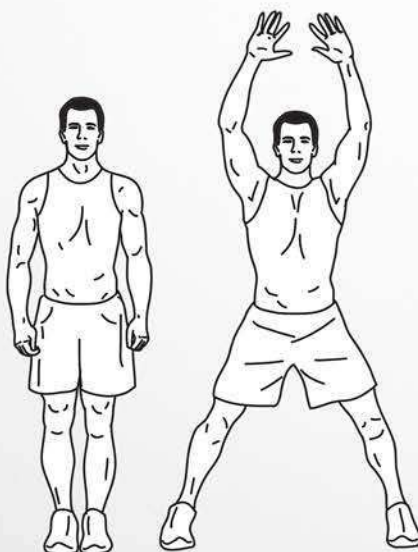


**10** step jacks

**2** jumping jacks

**10** step jacks

**2** jumping jacks



**10** step jacks

**2** jumping jacks

**10** step jacks

**2** jumping jacks

# Foundation

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## Day 10 | Strength

Level I 3 sets

Level II 5 sets

Level III 7 sets

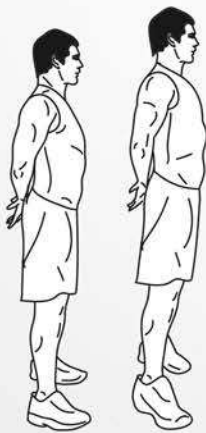
2 minutes rest between sets



**10** squats



**10-count** squat hold



**10** calf raises



**10-count** calf raise hold

# Foundation

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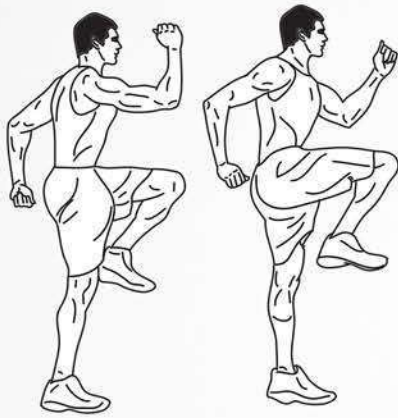
## Day 11 | Fast Pace Cardio

**Level I** 3 sets

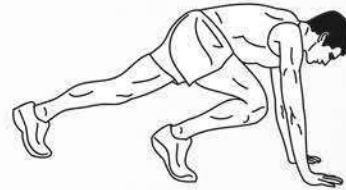
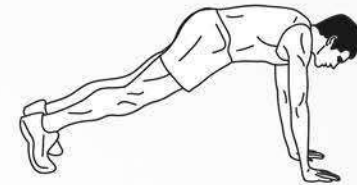
**Level II** 5 sets

**Level III** 7 sets

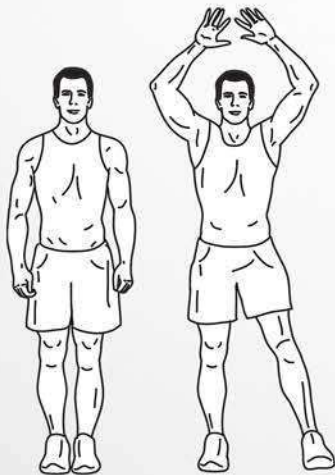
2 minutes rest between sets



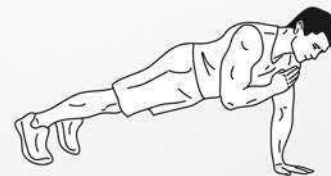
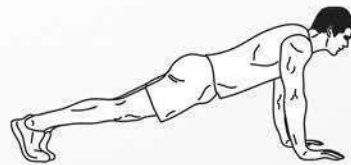
**20** march steps



**6** slow climbers



**20** step jacks



**6** shoulder taps

# Foundation

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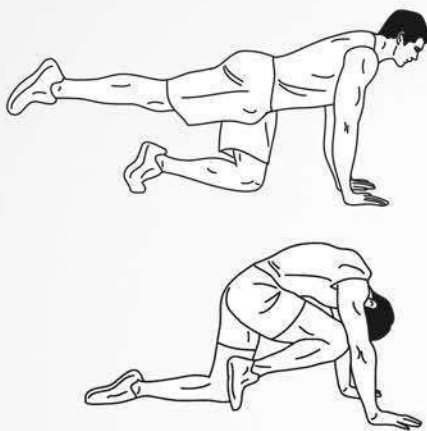
## Day 12 | Tendon Strength

Level I 3 sets

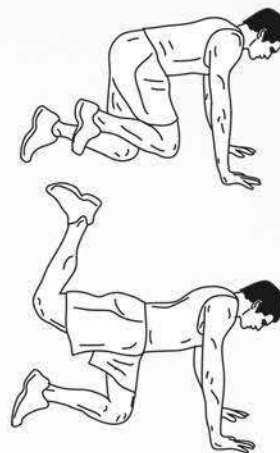
Level II 4 sets

Level III 5 sets

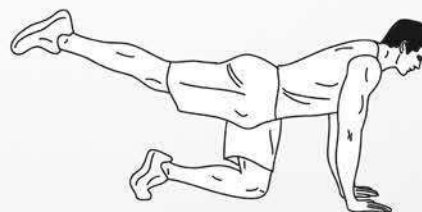
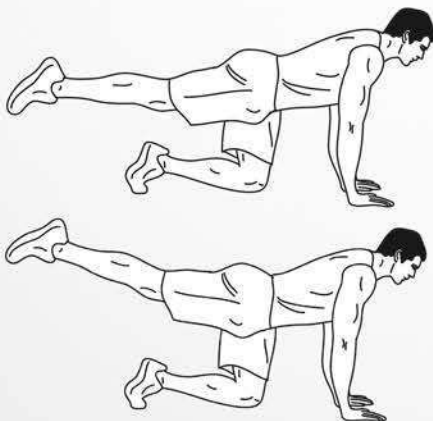
2 minutes rest between sets



**10** knee-in & stretch



**10** upward leg extensions



**20** raised leg swings + **10-count** raised leg hold  
change sides and repeat



# Foundation

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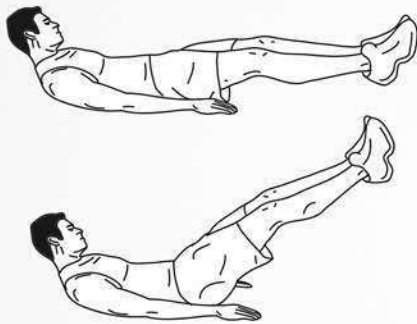
## Day 13 | Abs & Core

Level I 3 sets

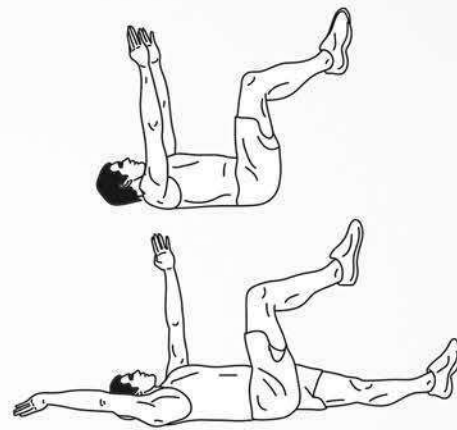
Level II 4 sets

Level III 5 sets

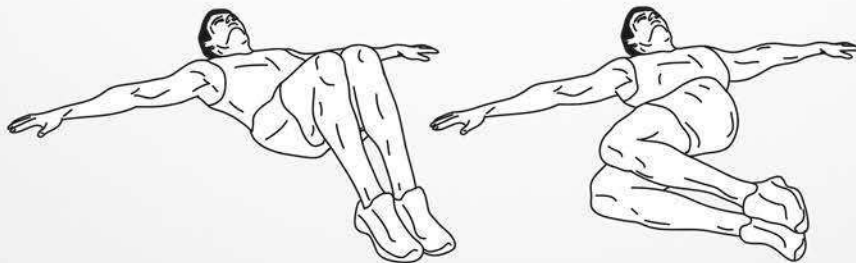
2 minutes rest between sets



**10** leg raises



**10** dead bugs



**10** knee rolls

# Foundation

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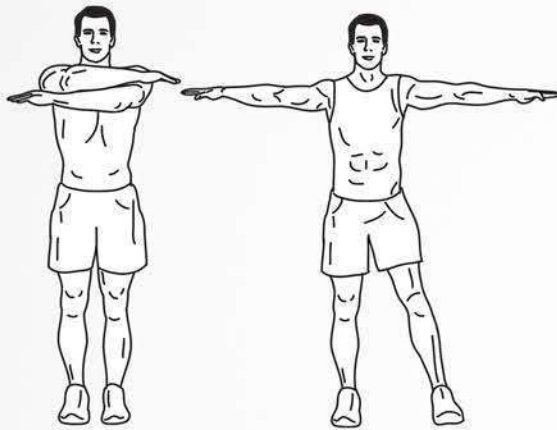
## Day 14 | Fast Pace Cardio

**Level I** 3 sets

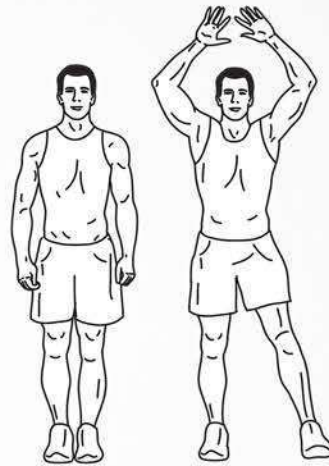
**Level II** 5 sets

**Level III** 7 sets

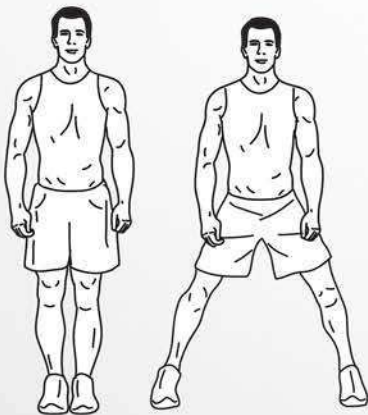
2 minutes rest between sets



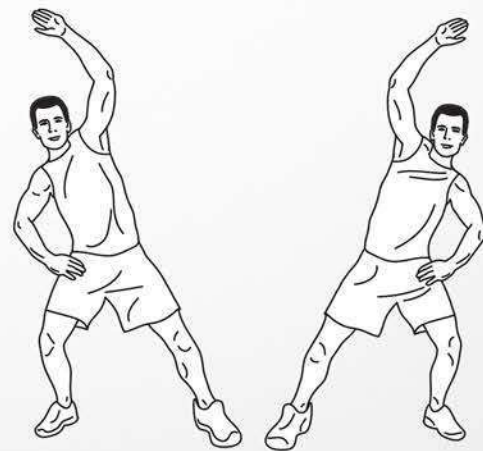
**10** step extensions



**10** step jacks



**10** half jacks



**10** side jacks

# Foundation

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## Day 15 | Strength

Level I 3 sets

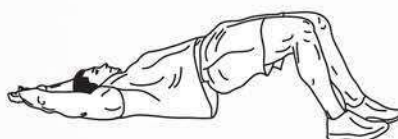
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



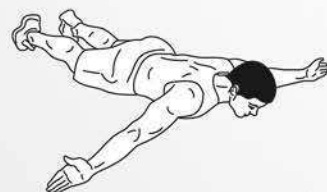
**8** bridges



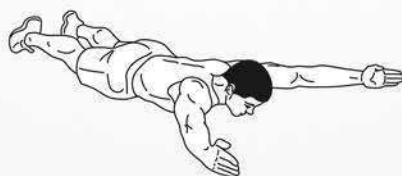
**8-count** bridge hold



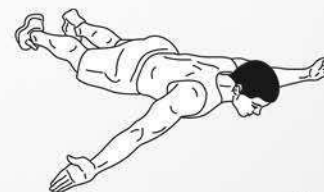
**8** bridges



**10** prone reverse flies



**10** W-extensions



**10** prone reverse flies

# Foundation

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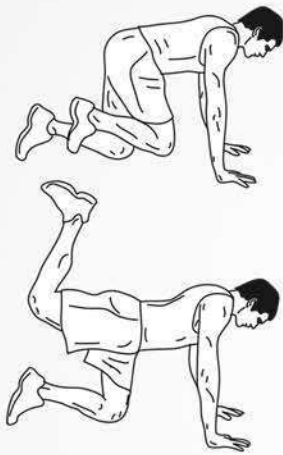
## Day 16 | Tendon Strength

Level I 3 sets

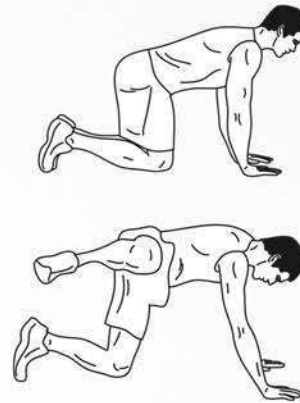
Level II 4 sets

Level III 5 sets

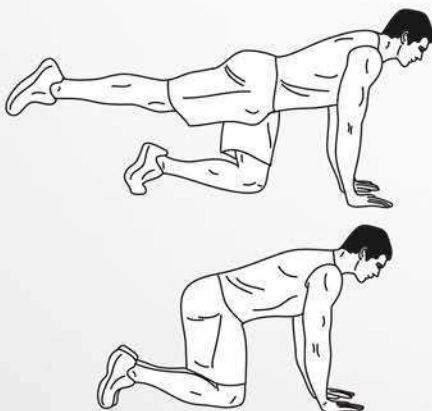
2 minutes rest between sets



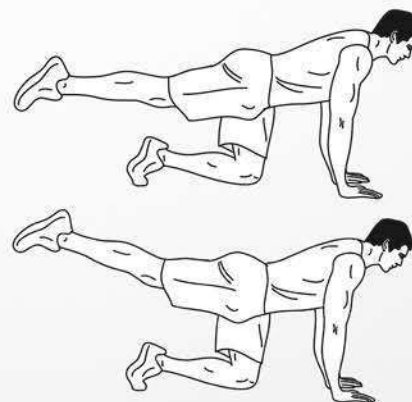
**20** upward leg extensions



**10** side leg extensions



**10** leg extensions



**20** raised leg swings

# Foundation

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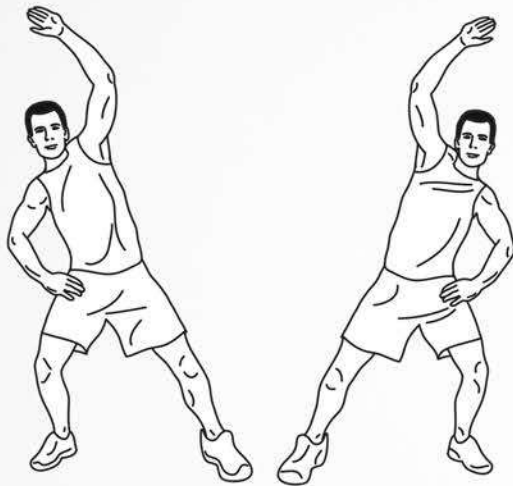
## Day 17 | Fast Pace Cardio

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

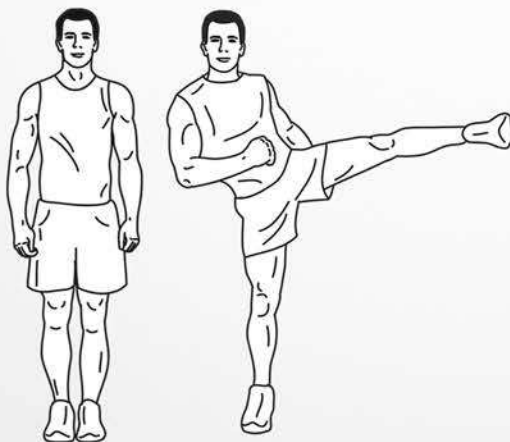


**10** side jacks

**2** side leg raises (left/right)

**10** side jacks

**2** side leg raises (left/right)



**10** side jacks

**2** side leg raises (left/right)

**10** side jacks

**2** side leg raises (left/right)



# Foundation

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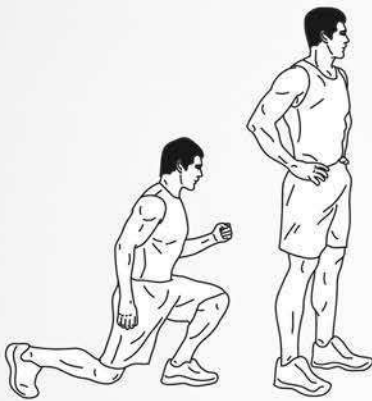
Day 18 | Strength

Level I 3 sets

Level II 5 sets

Level III 7 sets

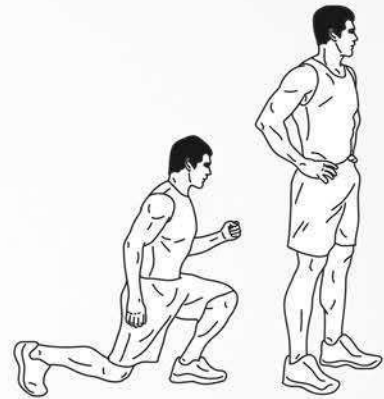
2 minutes rest between sets



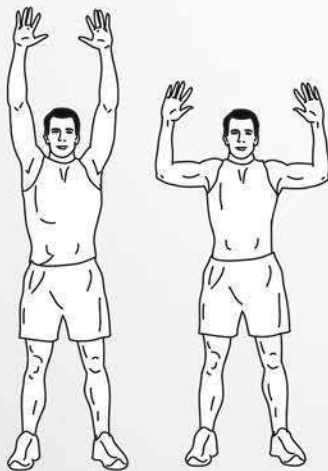
**8** reverse lunges



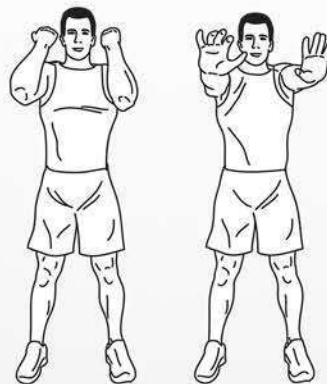
**8-count** squat hold



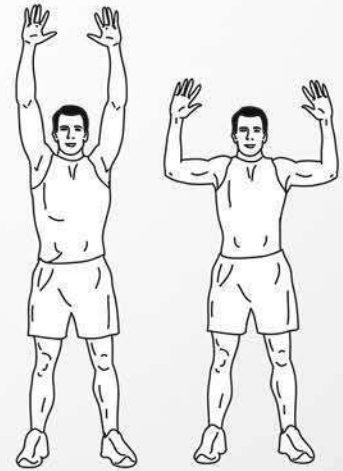
**8** reverse lunges



**20** standing W-extensions



**20** bicep extensions



**20** standing W-extensions

# Foundation

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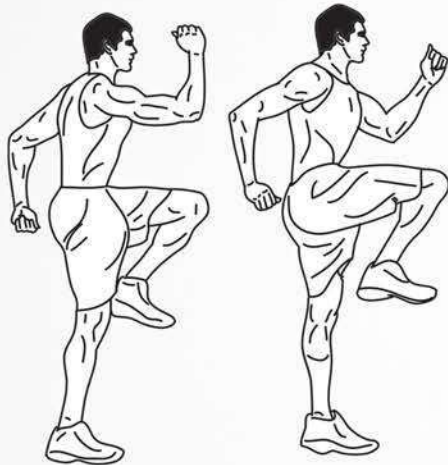
## Day 19 | Fast Pace Cardio

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

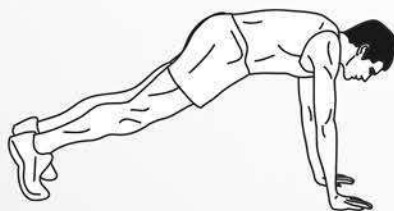


**20** march steps

**6** slow climbers

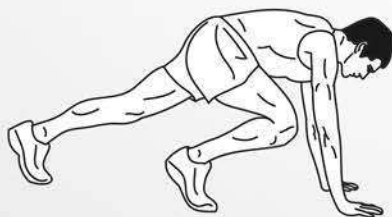
**20** march steps

**6** slow climbers



**20** march steps

**6** slow climbers



# Foundation

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## Day 20 | Tendon Strength

Level I 3 sets

Level II 4 sets

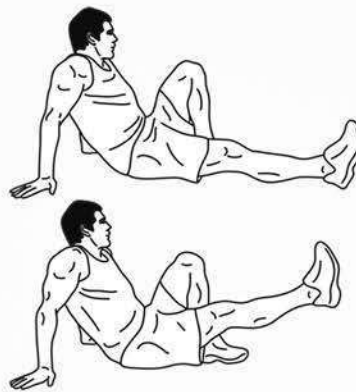
Level III 5 sets

2 minutes rest between sets



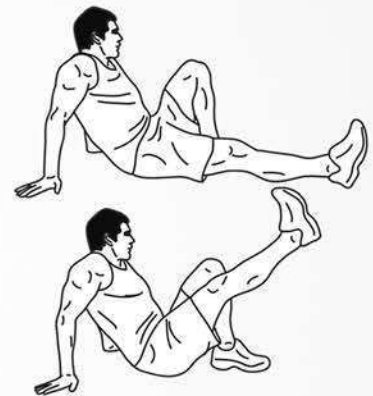
**10-count** hold

+



**10** leg raises

+



**10** high leg raises

change sides and repeat



**10** move from side-to-side

+



**10** circles

+



**10-count** hold

change sides and repeat

# Foundation

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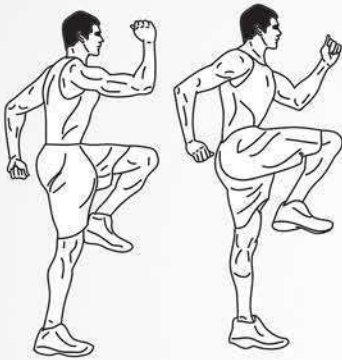
## Day 21 | Fast Pace Cardio

**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

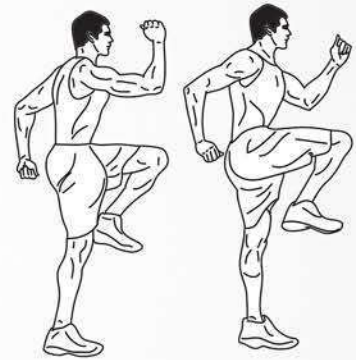
2 minutes rest between sets



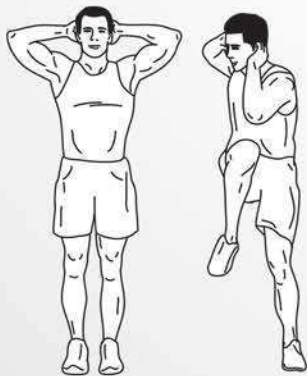
**10** march steps



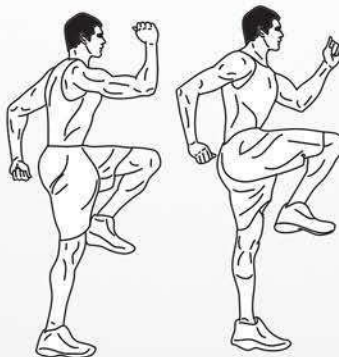
**4** high knees



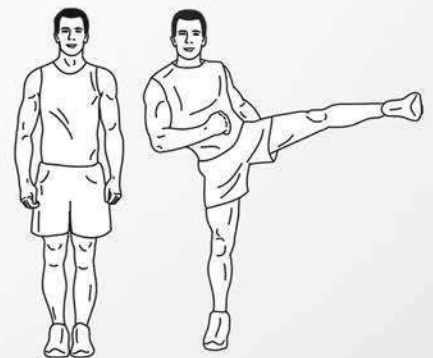
**10** march steps



**4** knee-to-elbows



**10** march steps



**4** side leg raises



# Foundation

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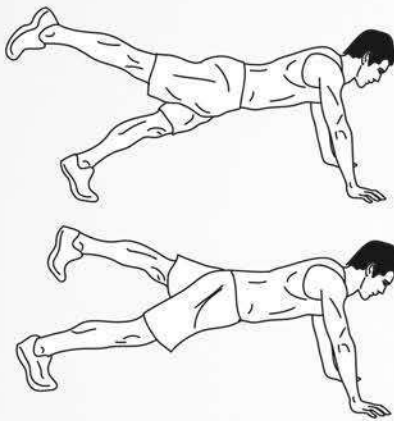
## Day 22 | Abs & Core

Level I 3 sets

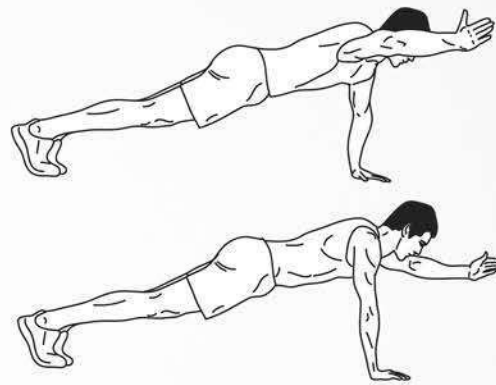
Level II 4 sets

Level III 5 sets

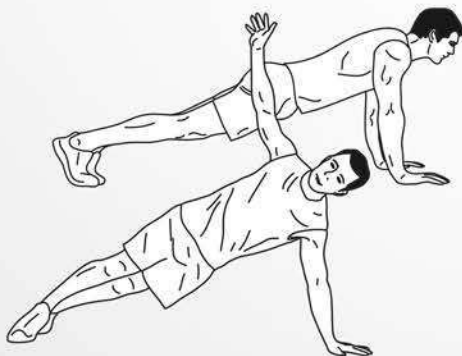
2 minutes rest between sets



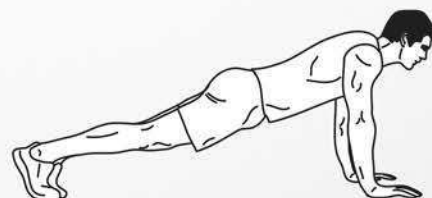
**6** plank leg raises



**6** plank arm raises



**6** plank rotations



**6-count** plank hold



# Foundation

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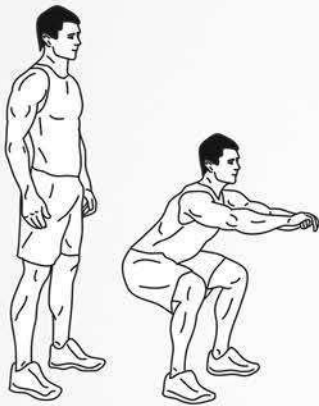
## Day 23 | Strength

**Level I** 3 sets

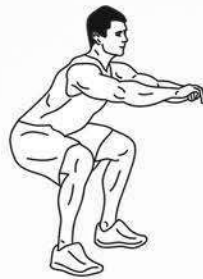
**Level II** 5 sets

**Level III** 7 sets

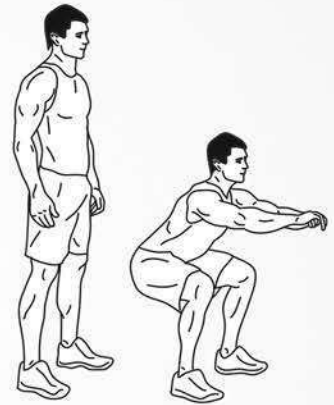
2 minutes rest between sets



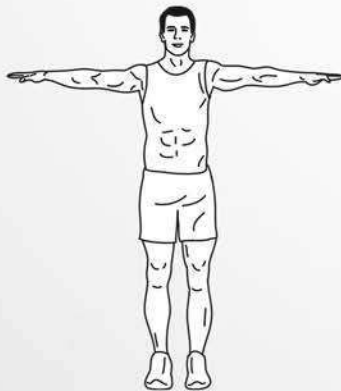
**6** squats



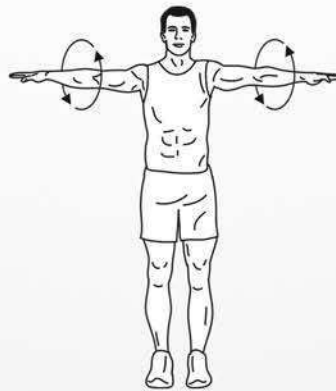
**6-count** squat hold



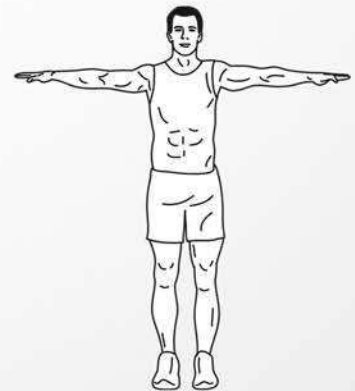
**6** squats



**20-count** arm hold



**20** raised arm circles



**20-count** arm hold

# Foundation

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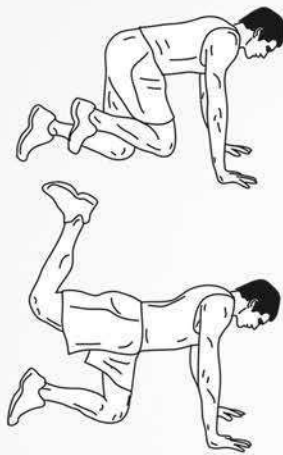
## Day 24 | Tendon Strength

Level I 3 sets

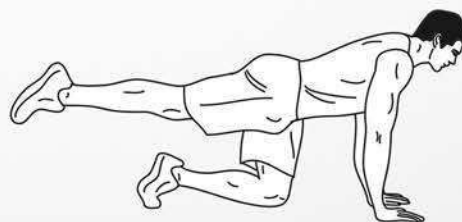
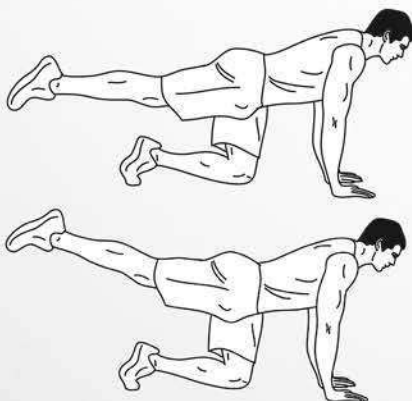
Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**20** upward leg extensions + **10-count** upward leg extension hold  
change sides and repeat



**20** raised leg swings + **10-count** raised leg hold  
change sides and repeat