



30/30 Cardio + Strength Blast

30 Minute Cardio Blast

In this segment, you'll complete 30 minutes of cardio. You can complete it on a treadmill, a stationary bike, or on the road (if you choose this option, make sure there is a set of stairs or a hill nearby). Begin with three minutes of light cycling or jogging and two minutes of dynamic stretching.

Set 1: Ladder Sprints

Complete each level consecutively for 3 Rounds (Total: 9 Minutes)

1. 90 seconds at 50% effort (comfortable effort)
2. 60 seconds at 70% effort (medium to challenging)
3. 30 seconds at 85% effort (push yourself)

Note: For running, effort increases with speed. For cycling, increase speed or resistance

Set 2: Going Up

For this next set, we'll work with hills (or stairs) at an interval of 30:30.

- Climb for 30 seconds
- Recover for 30 seconds

Complete 10 rounds then cool down with 3 minutes of light cycling or a brisk walk.

30 Minute Strength Sesh

In this segment, you'll complete 3 sets of strength-work. Each set will contain 3 exercises and run for a total of 9 minutes. You can rest for 90 seconds in between sets.

Set 1: Lower Body

Complete each move at an interval of 45:15. That's 45 seconds of work & 15 seconds of rest. Complete 3 rounds.

- Deadlifts
- Side Lunges
- Step-Ups

Set 2: Upper Body

Complete each move at an interval of 50:10. That's 50 seconds of work & 10 seconds of rest. Complete 3 rounds.

- Dumbbell Chest Press
- Bent Over Row
- Lat Pullover

Set 3: Combination Set

Set a timer for 9:00 minutes. Complete as many rounds as you can of the following exercises:

- Squat & Overhead Press (10 Reps)
- Lunge & Curl (12 Reps)
- Skull Crushers (12 Reps)