

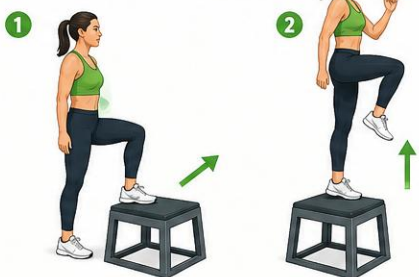
September Fitness Plan

10-20-30-40-50-60 Workout

Member Name: _____

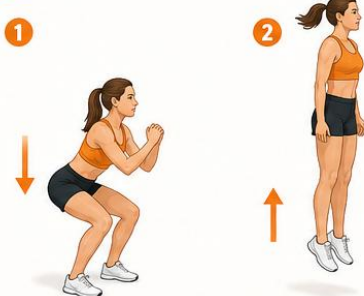
Complete the listed reps for each cardio exercise and mark off one box each time you finish that exercise's reps. Work at your own pace by doing one, several, or all six exercises each day until you've checked off all 20 boxes for every exercise (4,200 total reps) by the end of the month.

1 STEP UPS



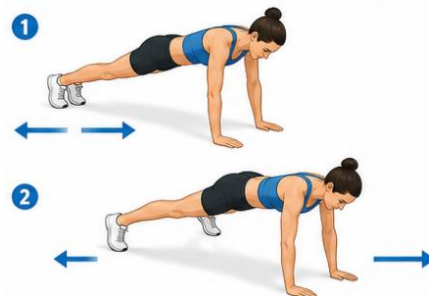
10	10	10	10	10
10	10	10	10	10
10	10	10	10	10
10	10	10	10	10

2 SQUAT JUMPS



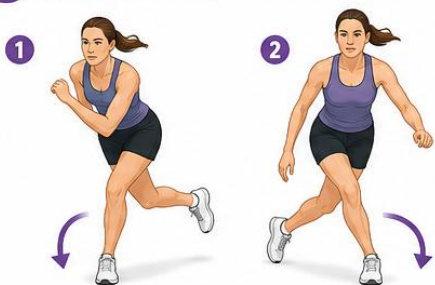
20	20	20	20	20
20	20	20	20	20
20	20	20	20	20
20	20	20	20	20

3 PLANK JACKS



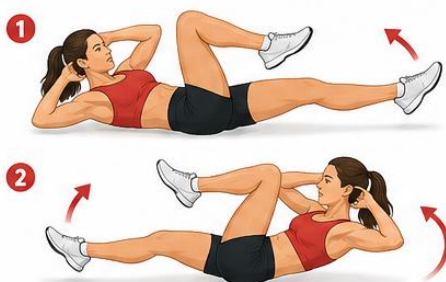
30	30	30	30	30
30	30	30	30	30
30	30	30	30	30
30	30	30	30	30

4 SKATERS



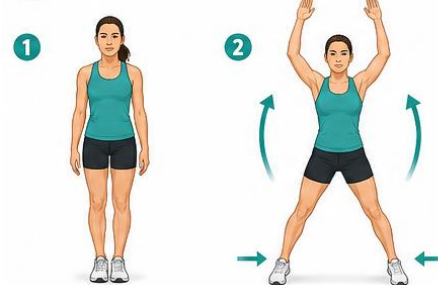
40	40	40	40	40
40	40	40	40	40
40	40	40	40	40
40	40	40	40	40

5 BICYCLE CRUNCH



50	50	50	50	50
50	50	50	50	50
50	50	50	50	50
50	50	50	50	50

6 JUMPING JACKS



60	60	60	60	60
60	60	60	60	60
60	60	60	60	60
60	60	60	60	60

10 Bodyweight Cardio Tips

- ❖ **Increase your speed:** Perform classic moves like squats or lunges faster to raise your heart rate instantly.
- ❖ **Add a jump:** Turn basic movements into plyometrics by adding a leap to squats, lunges, and glute bridges.
- ❖ **Shorten rest breaks:** Keep your rest intervals under 30 seconds between exercises to maintain an elevated heart rate.
- ❖ **Move continuously:** Use active recovery like jogging in place or gentle stepping instead of standing completely still between sets.
- ❖ **Incorporate high knees:** Pump your arms and drive your knees toward your chest during transitions to keep intensity high.
- ❖ **Use full body movements:** Choose exercises that engage multiple large muscle groups at once, like burpees and mountain climbers.
- ❖ **Try tempo variations:** Lower yourself down slowly for three seconds, then explode upward powerfully to challenge your lungs.
- ❖ **Follow a circuit:** Chain 4 to 5 different bodyweight exercises together back-to-back before taking a formal break.
- ❖ **Set a timer:** Work against the clock using formats like AMRAP (As Many Rounds as Possible) for 10 to 15 minutes.
- ❖ **Maximize your range:** Drop deeper into your squats and reach higher during jumps to force your heart to work harder.