



Go

A 30-Day Cardio Conditioning Journey

INSTRUCTIONS:

Click on titles to access videos. Check off or write the date by each day you complete. If you miss a day, continue where you left off. If you're on a roll and want to do multiple days in one, go for it!

Day	Exercise	Minutes
1	<p>Read about Metabolic Resistance Training (MRT) in Key Terms and Definitions.</p> <p style="text-align: center;">AND</p> <p>Full Body EASY Lying Down Cardio OR Full Body MODERATE Cardio Crab and Bear OR Full Body MOD/DIFF Cardio Sit-Up Jumps & Push-Up Kicks</p>	15
2	<p>Full Body EASY Strength & Cardio for Limited Mobility OR Full Body MODERATE Strength and Cardio OR Core & Full Body MOD/DIFFICULT Strength & Cardio</p>	30
3	<p>Hips and Glutes EASY Stretch OR Shoulders and Chest EASY Stretch OR Hips EASY Lying Down Stretch</p>	15
4	<p>Full Body EASY Walking Cardio OR Full Body MODERATE Jumping Cardio OR Full Body DIFFICULT Jumping Cardio</p>	10

Day	Exercise	Minutes
5	<p>Full Body EASY Strength & Cardio for Limited Mobility</p> <p>OR</p> <p>Full Body MODERATE Strength and Cardio</p> <p>OR</p> <p>Core & Full Body MOD/DIFFICULT Strength & Cardio</p>	30
6	Choose - Select one of the 18-minute MRT Sessions from Days 2 and 5 to repeat each week this month.	5
7	<p>Full Body EASY Standing Cardio</p> <p>OR</p> <p>Full Body DIFFICULT Ballet-Based Cardio</p>	10
8	Go for a walk, run, bike ride, or swim.	30
9	<p>Shoulders and Chest EASY Stretch</p> <p>OR</p> <p>Obliques MODERATE Side Bend Stretch</p>	15
10	<p>Do the MRT Session that you chose on Day 6:</p> <p>Full Body EASY Strength & Cardio for Limited Mobility</p> <p>OR</p> <p>Full Body MODERATE Strength and Cardio</p> <p>OR</p> <p>Core & Full Body MOD/DIFFICULT Strength & Cardio</p>	30
11	<p>Write - Jot down answers to these questions.</p> <p>When I do an MRT or Cardio session:</p> <p><i>Can I feel my heart rate go up?</i></p> <p><i>Can I feel myself breathing hard?</i></p> <p><i>Am I moving non-stop during the movement periods?</i></p> <p>If my heart and lungs aren't working hard:</p> <p><i>How will I make my movements faster, bigger, or more challenging?</i></p> <p>If I'm not moving non-stop during movement periods:</p> <p><i>How will I slow down, simplify, or otherwise adapt my movements?</i></p>	5

Day	Exercise	Minutes
12	<p>Full Body EASY Walking Cardio</p> <p>OR</p> <p>Full Body MODERATE Capoeira-Based Cardio</p> <p>OR</p> <p>Full Body DIFFICULT Ballet-Based Cardio</p>	10
13	Go for a walk, run, bike ride, or swim.	30
14	<p>Hips and Glutes EASY Stretch</p> <p>OR</p> <p>Hips MODERATE Stretch Frog</p>	10
15	<p>Repeat your chosen MRT Session. Make any adjustments you wrote down on Day 11:</p> <p>Full Body EASY Strength & Cardio for Limited Mobility</p> <p>OR</p> <p>Full Body MODERATE Strength and Cardio</p> <p>OR</p> <p>Core & Full Body MOD/DIFFICULT Strength & Cardio</p>	30
16	Ask – Pose a question for your classmates and instructor in the Discussion Forum.	5
17	Go for a walk, run, bike ride, or swim.	30
18	<p>Full Body EASY Lying Down Cardio</p> <p>OR</p> <p>Full Body MODERATE Cardio Crab and Bear</p> <p>OR</p> <p>Full Body MOD/DIFF Cardio Sit-Up Jumps & Push-Up Kicks</p>	15
19	<p>Hips EASY Lying Down Stretch</p> <p>OR</p> <p>Full Body MODERATE Standing Stretch</p>	15
20	Jump rope, do jumping jacks, or walk backwards and sideways.	10
21	Play – Play with a child or do something you enjoy.	

Day	Exercise	Minutes
22	<p>Repeat your chosen MRT Session:</p> <p>Full Body EASY Strength & Cardio for Limited Mobility OR Full Body MODERATE Strength and Cardio OR Core & Full Body MOD/DIFFICULT Strength & Cardio</p>	30
23	Go for a walk, run, bike ride, or swim.	30
24	<p>Shoulders and Chest EASY Stretch OR Obliques MODERATE Side Bend Stretch OR Back and Shoulders MOD/DIFF Stretch Back Extension for Bridge</p>	15
25	<p>Full Body EASY Walking Cardio OR Full Body MODERATE Jumping Cardio OR Full Body DIFFICULT Jumping Cardio</p>	10
26	Rest - Sit still for 5 minutes.	5
27	Go for a walk, run, bike ride, or swim.	30
28	Jump rope, do jumping jacks, or walk backwards and sideways.	10
29	<p>Repeat your chosen MRT Session:</p> <p>Full Body EASY Strength & Cardio for Limited Mobility OR Full Body MODERATE Strength and Cardio OR Core & Full Body MOD/DIFFICULT Strength & Cardio</p>	30
30	Share - Post in the Discussion Forum about how you feel at the end of your Journey!	5