



CARDIO STARTERS

Week 1

Day 1 - Cardio Compassion
 Day 2 - Cardio Starter
 Day 3 - Walking Cardio
 Day 4 - Cardio Breeze
 Day 5 - Just Combo
 Day 6 - Get Moving Cardio

Week 2

Day 1 - Cardio Compassion 2
 Day 2 - Cardio Starter 3
 Day 3 - Cardio Move
 Day 4 - Low Impact Intervals
 Day 5 - Cardio Motion
 Day 6 - Triple HIIT Compassion

Week 3

Day 1 - Boxing Compassion
 Day 2 - Cardio Starter 4
 Day 3 - Cardio Momentum
 Day 4 - Cardio Starter Abs
 Day 5 - Burn and Blast
 Day 6 - Low Impact Intervals 2