

Heart disease **kills more men and women** in our country than anything and is responsible for **1 of 4** deaths.

**IT'S TIME TO FIGHT BACK**

## **30-DAY CARDIO CHALLENGE**

DO THESE EXERCISES	FOR THIS WORK INTERVAL	WITH THIS RECOVERY
BURPEES	WEEK 1 >30 SEC	WEEK 1 <15 SEC
BICYCLE CRUNCH	WEEK 2 >45 SEC	WEEK 2 <20 SEC
JUMP SQUATS	WEEK 3 >60 SEC	WEEK 3 <30 SEC
SKI JUMPS	WEEK 4 >75 SEC	WEEK 4 <40 SEC
MOUNTAIN CLIMBERS		

## **A STRONG HEART IS A HEALTHY HEART**

Adjust times/recovery based on your fitness level

Add these cardio intervals to the end of your exercise routine 4-7 times/week

Always talk to your doctor before starting any intense exercise routine

**WE CAN DO THIS!**

[WWW.FACEBOOK.COM/30DAYCHALLENGESERIES](http://WWW.FACEBOOK.COM/30DAYCHALLENGESERIES)