



Cardio Glow Getter: 3-Day Energy Boost Tracker

**Track your cardio glow journey with
this 3-day mini energy
boost plan!**

**Day 1: Low Impact HIIT
Focus: Cardio + Endurance**

Moves:

- **March/Jog in Place**
- **Squat to Overhead Reach**
 - **Step-Back Lunges**
 - **Core Cross Punches**

Record below:

Session Length: _____

Energy Level (1-5): _____

How I Felt:



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Day 2: Dance Sculpt Flow Focus: Dance + Sculpt

Moves

Freestyle dance cardio with side lunges, squats, arm reaches

Keep energy high & moves fun

Record below:

Session Length: _____

Energy Level (1-5): _____



Day 3: Core + Cardio Ladder

Record below:

- **Moves**
- **Pushup**
- **Jump Squats**
- **Ladder Up to 5 and**

**Session
Length:**

**Energy
Level(1-5):**

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How I Felt:
