

# Fitness Domme

## 30 Day Cardio Challenge



### Notes on exercise:

Start slow. Take the regressed version until you get stronger. Listen to your body. Get in touch with Louise Payn for guidance if anything is not clear. She will charge for her time, but sometimes a quick call is all that is needed.

### Notes on masturbation:

Clear any masturbation, edging or orgasm with your Dominant and ensure you have permission from your Dominant to take part in the masturbation part of this challenge before starting.

1 no masturbation	2 no masturbation	3 no masturbation	4 Edging 3 x 1 min	5 No masturbation	6 Masturbate to cum
Rest Day	Rest Day	30 s High Knees 3 sets   30 sec rest	30 s Climbers 3 sets   30 sec rest	30 s Jumping Jacks 2 sets   30 sec rest	Deload Day 3 mile walk
7 no masturbation	8 no masturbation	9 Edging 2 x 1 min	10 no masturbation	11 no masturbation	12 Masturbate to cum
35 s High Knees 3 sets   30 sec rest	35 s Climbers 3 sets   30 sec rest	35 s Jumping Jacks 3 sets   30 sec rest	Deload Day 3 mile walk	40 s High Knees 3 sets   30 sec rest	40 s Climbers 3 sets   30 sec rest
13 no masturbation	14 Edging 1 x 2 min	15 no masturbation	16 Edging 3 x 2 min	17 no masturbation	18 no masturbation
40 s Jumping Jacks 4 sets   30 sec rest	Deload Day 4 mile walk	45 s High Knees 3 sets   30 sec rest	45 s Climbers 3 sets   30 sec rest	45 s Jumping Jacks 3 sets   30 sec rest	Deload Day 3 mile walk
19 no masturbation	20 Edging 1 x 3 min	21 no masturbation	22 Edging 3 x 3 min	23 no masturbation 30 s High Knees 30 s Climbers 30 s Jumping Jacks 2 sets   30 sec rest	24 Masturbate to cum
35 s High Knees 35 s Climbers 2 sets   30 sec rest	35 s Climbers 35 s Jumping Jacks 2 sets   30 sec rest	35 s High Knees 35 s Jumping Jacks 2 sets   30 sec rest	Deload Day 3 mile walk	Deload Day 3.5 mile walk	
25 no masturbation 30 s High Knees 30 s Climbers 30 s Jumping Jacks 3 sets   30 sec rest	26 Edging 2 x 3 min  Deload Day 4 mile walk	27 Edging 3 x 2 min 35 s High Knees 35 s Climbers 35 s Jumping Jacks 3 sets   30 sec rest	28 Edging 1 x 3 min  Deload Day 2 mile walk	29 no masturbation 45 s High Knees 45 s Climbers 45 s Jumping Jacks 2 sets   30 sec rest	30 no masturbation  Rest Day

Louise Payn