

- ❖ 30 WALKING LUNGES
- ❖ 30 WIDE PUSHUPS
- ❖ 30 SIDE LUNGES
- ❖ 30 PLANK OPPOSITES (REACH-N-LIFT)
- ❖ 40 BICYCLE CRUNCHES
- ❖ 25 BENCH-CHAIR DIPS (USE LOWER STAIR OR CRAB POSITION)
- ❖ 30 LEG UP TOE REACHES

→ **CARDIO GROUP 5 MINUTES**

- 60 SECS SQUAT JUMPS
- 60 SECS BURPEES
- 60 SECS MT. CLIMBERS
- 30/30 SECS SPRINT & JOG **X2**

3-5 ROUNDS BASED ON HOW LONG OF A WORKOUT YOU CAN COMPLETE. EACH ROUND 12-15MINUTES BASED ON SPEED AND REST INTERVAL.