



8.2 Cardio

Pyramid circuit. Go through each exercise for 5 reps, then repeat all the way through to 10 reps, then back down through to 5 reps

Circuit 1:

High to low plank

Messier squats

Tuck jumps

Push Press

Standing Row

Back Lunge

Oblique Mountain Climbers

Explosive step up

V-Ups