



10.1 Cardio

Circuit 1: 2-3 Sets 30 seconds each exercise

High to Low Plank

Standing Row

Jump Rope

Circuit 2: 2-3 Sets 30 seconds each exercise

Quick Lateral Step Ups

Bicycle Crunch

Alternation Dumbbell Press

Circuit 3: 2-3 Sets 30 seconds each exercise

Iso Squat 4 Square

Oblique Mountain Climbers

Plank Row to Thruster