

Cardio Workout  
(approximately 10 minutes - intense)

50x - Mountain Climbers

50x - Jumping Jacks

10x - Pushups

50x - High Knees

45 second - Wall Sit

10x - Pushups

40x - Jump Lunges

60 second - Left Side Plank

10x - Pushups

60 second - Right Side Plank

Rest 1 minute

20x – Burpees

