

Session 1:

Cardio time! For today's workout we're sandwiching a cardio exercise between each strength exercise.

40s work with 20s rest

Complete 2-3 sets. Take a 2 minute rest after every set.

- DB Squats
- Burpees
- DB Overhead Presses
- Running High Knees
- DB Bent Rows
- Walkouts (*Alt: Star Jumps*)
- Stiff-legged Deadlifts
- Plank Jacks
- Push Ups
- Mat Hop Overs
- Renegade Rows
- Mountain Climbers

Ab Work:

12 Reps for the first round

10 Reps for the second round

8 Reps for the third round

Jackknives

Twisting Ab Crunches/Bicycles (Both Sides = 1 Rep)

Scissor Kicks