



Cardio 3.1

Complete each exercise in each circuit for 30 seconds then rest for 30 seconds between each exercise.

Circuit 1: 2-3 sets

High to low plank

Standing Row

Jump rope

Circuit 2: 2-3 sets

Quick Lateral Step Up

Bicycle Crunch

Alternating Dumbbell Press

Circuit 3: 2-3 sets

ISO Squat 4 square

Oblique mountain climbers

Plank Row to thruster



AthleticMentors

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