



Cardio 2.2

Complete each exercise for 2-3 sets:

Half Burpee: 10 Reps

Russian Twist to crunchy Frog: 10 Reps Each

Thrusters: 10 Reps

Plank Jacks: 10 Reps

Oblique Toe Touch: 8 Reps Each

Quick Lateral Plank Walk: 10 Reps Each

Squat w/ forward press: 10 reps

Shoulder tap burpee: 10 Reps