



## **Cardio 5.1**

Go through all 9 exercises for 3 sets

Lateral Bound: 10 Reps Each

Half Burpee: 10 Reps

Squat to Dumbbell Press: 10 Reps

Sumo Squat Jacks: 10 Reps

Oblique Mountain Climbers: 10 Reps Each

Alternating one arm curl to push Press: 5 Reps Each

Jump rope or line jumps: 40 seconds

Kettlebell Figure 8: 20 seconds clockwise and 20 seconds counter clockwise

Clock Lunge: 20 seconds clockwise and 20 seconds counter clockwise