



Cardio 5.2

Circuit 1: EMOM 10 rounds

Squat jump: 5 reps

Standing Row: 5 Reps

Push up: 5 reps

Circuit 2: EMOM 10 rounds

Pulse Squat: 5 Reps

Russian Twist: 5 Reps Each

Hip up: 5 reps

Circuit 3: EMOM 10 rounds

Lateral lunge: 5 reps each

Plank shoulder tap: 5 reps each

Mountain Climbers: 5 Reps Each