



7.2 Cardio

Circuit 1: 3 sets

Glute March: 10 Reps Each

Alternating v-Ups: 10 Reps Each

Pulse Squat: 10 Reps

Circuit 2: 3 sets

Split jumps: 20 seconds

Plank shoulder, knee, Toes: 6 Reps

Thrusters: 10 Reps

Circuit 3: 3 sets

Tic Toc: 30 seconds

180 degree jumps: 8 reps each

Plyo Push Up: 10 Reps