



Cardio Circuit 9.2

Circuit 1: 30 seconds on/ 30 seconds off

Pike ups

Lateral bound w/ medicine ball uppercut

Alternating v-up

Tuck jump

Plank walk out

Side plank knee to elbow

Circuit 2: 40 seconds on/ 20 seconds off

Plank jacks

Body weight squats

Push up

Kettlebell Swing

Push press