10.1 Cardio

Circuit 1: 3-4 sets

Half burpee: 10 Reps

Russian twist to crunchy frog: 10 Reps

Thrusters: 10 Reps

Plank jack: 30 seconds

Oblique toe touch: 10 reps each

Quick lateral plank walk: 30 seconds

Squat w/ weight press: 10 reps

Shoulder tap burpee: 10 Reps