### CARDIO CIRCUIT X3
Rest 60-90 seconds between rounds

- Jumping jacks x30
- Skaters x20
- Butt kickers x40
- Burpees x12 with pushup
- Mountain climbers x30
- Plank for 1 minute

### UPPER BODY GAINZ
Rest 60-90 seconds between rounds

- Push-ups x12-15
- Dumbbell rows (use a dumbbell or milk/water mug) x12 each side
- Arms elevated push-up x15 (put hands on a chair or low table)
- Overhead raises (dumbbell or milk jug)
- Diamond push-ups x8-10
- Side plank x45 sec each side

### LOWER BODY KILLER

- Jump squats x12
- Alternating jumping lunges x30
- Wall sit x45 seconds
- Pistol squats x8 each leg
- Sumo walks x10 completed steps to each side
- Calf extensions x40

### JUMP ROPE INTERVAL TRAINING

- 5-7 minutes of dynamic stretching
- Jump rope warm up x150
- Jump rope x10 minutes:
  - 20 seconds light jump
  - 10 seconds 90-100% acceleration

Complete 10 minutes of these alternating intervals without stopping.
- Cooldown and stretching

### FULL BODY TABATA
20 seconds on, 10 seconds off
Repeat 8 rounds

- Jumping jacks
- Sit-ups
- Push-ups
- Squats
- Plank
- V Sit-ups
- Bicycle crunches
- Russian twists

### CORE SWEET CORE X3
10 seconds between sets
1 minute between each round

- Commandos x15
- Crunches x15
- Sit-ups x15
- V-ups x15
- Back extensions x15
- Bicycle crunches x15

### REST DAY

- Optional 1 mile light jog or walk with static stretching afterwards.
- Drink lots of fluids and rest!

If you’re not sure what the exercise is, a basic Google search should help.