

20-MINUTE CARDIO BLAST

Workout

Be sure to warm up before you begin and always perform proper form and technique.

PERFORM AS MANY REPS OF EACH EXERCISE AS YOU CAN IN 1 MINUTE. TAKE BREAKS AS NEEDED.

Squat Jack | as many as possible in 1 minute

Plank Jack | as many as possible in 1 minute

High Knees | as many as possible in 1 minute

Squat Hops | as many as possible in 1 minute

Butt Kickers | as many as possible in 1 minute

Burpees | as many as possible in 1 minute

Squat Hopscotch | as many as possible 1 minute

Jump Lunge | as many as possible 1 minute

Mountain Climber | as many as possible in 1 minute

Speed Skater | as many as possible in 1 minute

Rest for 2 minutes and repeat one more time through.

Muscle soreness that lasts a few days is normal and can be expected. Consider it a reminder of what you've accomplished! A few minutes of gentle stretching after your workout will help to reduce soreness.

