

30-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 2 MINUTES. TAKE BREAKS AS NEEDED.

Plank Floor Jacks | as many as possible in 2 minutes

rest 30 seconds

High Knees | as many as possible in 2 minutes

rest 30 seconds

Mountain Climbers | as many as possible in 2 minutes

rest 30 seconds

Squat Jumps | as many as possible in 2 minutes

rest 30 seconds

Rest for briefly and repeat two more times 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.

