

CARDIO - FULL BODY / X2

- 1. HIGH KNEE RUN**
- 2. STAR JUMPS**
- 3. PRESS UPS**
- 4. SQUAT JUMPS**
- 5. WALKING PLANK - RIGHT HAND**
- 6. WALKING PLANK - LEFT HAND**
- 7. SUMO SQUAT**
- 8. BURPEES**
- 9. MOUNTAIN CLIMBER**
- 10. TRICEP DIPS**
- 11. LUNGES**
- 12. STAND TO PRESS UPS**