

Cardio

# WORKOUT

10  
MIN

## BODYWEIGHT

After the warm up, perform each WORKOUT move for 40 seconds, resting 20 seconds between moves. These moves will be performed consecutively for a 10 minute workout. If time allows, repeat the WORKOUT once or twice for a 20 or 30 minute burn!

## WARMUP

Up Dog to Child's Pose - 30 seconds  
Cat Cow - 30 seconds  
Trunk Rotations - 30 seconds  
Side Bends - 30 seconds  
Knee to chest - 30 seconds  
Standing Pigeon Pull - 30 seconds

## WORKOUT

- Squat Jumps
- Skater Hops
- Burpees
- Split Squat Jumps
- High Knees
- Squat Jacks
- Double Skater Hops
- Super Burpee (**donkey kick to plank, spiderman pushups, knee tuck jump**)
- Split Squat Jumps 180°
- Standing Mountain Climbers



HOTEL ATHLETE