

Cardio



WORKOUT

15
MIN

BODYWEIGHT

WARM-UP (3-4 MINUTES, NOT INCLUDED IN WORKOUT TIME)

- 30s Jumping jacks
- 30s High knees
- 30s Butt kicks
- 30s Arm circles
- 30s Hip circles
- 30s Bodyweight squats
- 30s Inchworms

WORKOUT

FORMAT:

*Each block = 4 minutes AMRAP (as many rounds as possible).
Rest 1 minute between blocks.
Pick a challenging but repeatable pace*

AMRAP 1 (4 Minutes)

- 1. **Jumping Jacks x 20**
- 2. **High Knees x 20**
- 3. **Mountain Climbers x 10 EA**

AMRAP 2 (4 Minutes)

- 1. **Skater Hops x 10 EA**
- 2. **Burpees x 6**
- 3. **Fast Step Outs x 12 EA**

AMRAP 3 (4 Minutes)

- 1. **Jump Squats x 10**
- 2. **Fast Feet x 20 sec**
- 3. **½ Burpees x 8**
- 4. **Marching High Knees x 20**

