

Advanced Cardio Circuit WORKOUTS

Instructions:

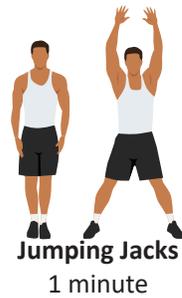
Do the first two exercises for 1 minute each (warm up).

For next 5 exercises, rest for 1 minute in between rounds.

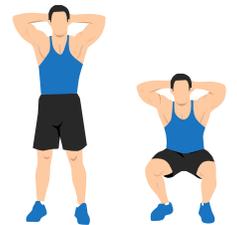
Then, do the final two exercises for one minute, (cool down).

*To add challenge, shorten the rest and add a second set to any round.

START WARM UP



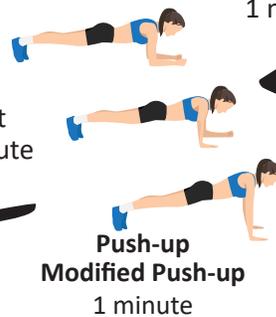
Rest
1 minute



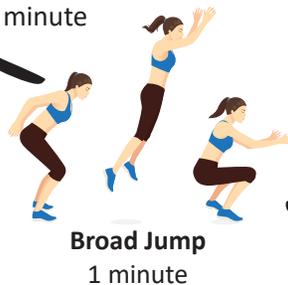
Rest
1 minute



Rest
1 minute



Rest
1 minute



Rest
1 minute



COOL DOWN
Rest
1 minute

