

# Advanced Cardio Circuit WORKOUTS

## Instructions:

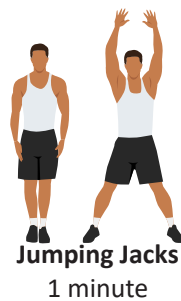
Do the first two exercises for 1 minute each (warm up).

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

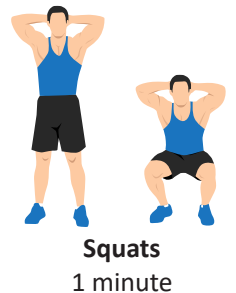
Then, do the final two exercises for one minute, (cool down).

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

## START WARM UP



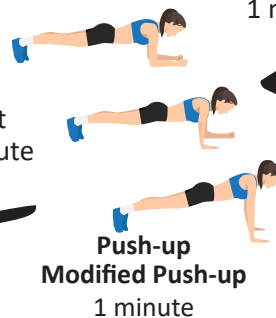
Rest  
1 minute



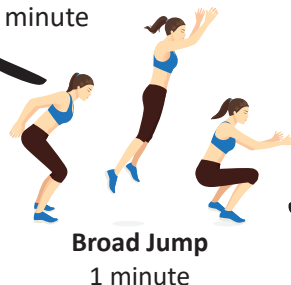
Rest  
1 minute



Rest  
1 minute



Rest  
1 minute



Rest  
1 minute



COOL  
DOWN  
Rest  
1 minute

