

Seated Cardio Circuit WORKOUT

Instructions:

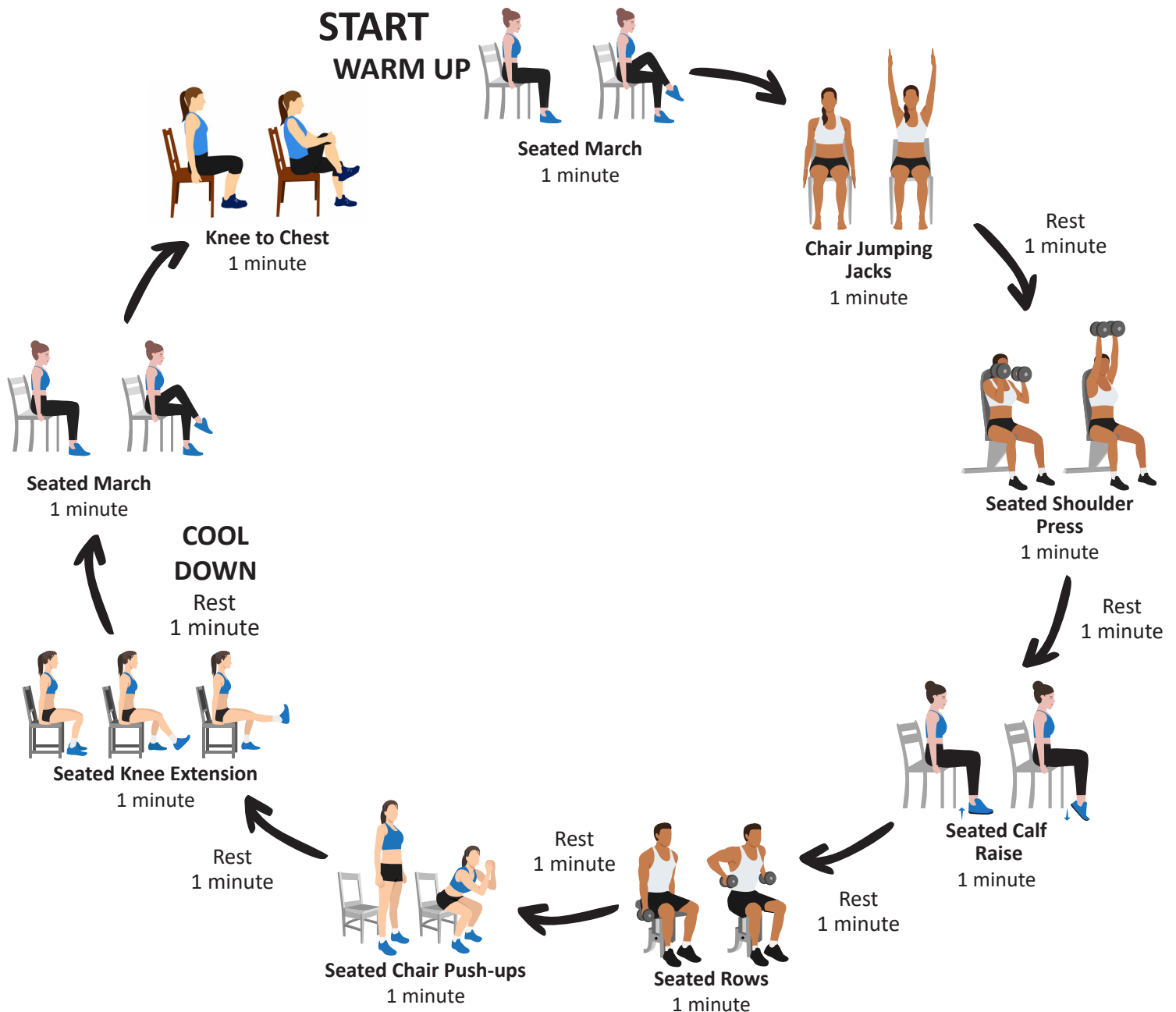
Do the first two exercises for 1 minute each (warm up).

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 period and add a second set to any round.

START WARM UP



If you have questions about these exercises, email 15forme@enrichvisits.com, where a certified health coach is available to provide you with additional support.