

Week 1

# Kickstart Cardio

## Workout 1: Low Impact 30 sec on, 30 sec off

Repeat 3 - 5x through

- Lunge back with knee drive
- Push-up to side open
- Butterfly squat
- Kick ups
- Side steps with jumping jack arms

## Workout 2: 30 sec on, 30 sec off

Repeat 3 - 5x through

- Ski jumps with touch down
- Scissor run
- Prisoner squats
- Bicycle crunch
- Jump squats
- Push-up with shoulder taps

## Workout 3: 30 sec on, 30 sec off

Repeat 3 - 5x through

- Jump lunge
- Glute bridge with toe taps
- Half burpees
- Plank walkout
- Superman with arm circle
- Toe taps

*If you get tired,  
learn to rest  
not quit*

