

Week 2

Kickstart Cardio

Workout 1: 30 sec on, 20 sec off

Repeat 3 - 5x through

- Rotating jump squats
- Plank with shoulder taps
- Skiers
- Wall sit
- Mountain climbers

Workout 2:

Every minute on the minute (EMOM)

Repeat 3 - 5x through

- 0:00 - 1:00 Lunge back with knee drive
- 12 per leg
- 1:00 - 2:00 Pushups
- 15 reps
- 2:00 - 3:00 Jump squats
- 20 reps
- 3:00 - 4:00 Side plank with dips
- 12 reps per side
- 4:00 - 5:00 Fast side lunge
- 12 reps per side
- 5:00 - 6:00 Jumping jacks
- 25 reps

Workout 3: 30 sec on, 30 sec off

Repeat 3 - 5x through

- Squat with standing rotation
- Scissor run
- Plank with up downs
- Fast curtsy lunge
- Jumping jack with hop in the middle

*The secret of getting ahead is getting **started***

