

Week 2

Kickstart Cardio

Workout 1: 30 sec on, 20 sec off	Workout 2: Every minute on the minute (EMOM)	Workout 3: 30 sec on, 30 sec off
Repeat 3 - 5x through <ul style="list-style-type: none">- Rotating jump squats- Wall sit- Plank with shoulder touch- Skiers- Mountain climbers	Repeat 3 - 5x through <ul style="list-style-type: none">0:00 - 1:00 Lunge back with knee drive - 12 per leg1:00 - 2:00 Pushups - 15 reps2:00 - 3:00 Jump squats - 20 reps3:00 - 4:00 Side plank with dips - 12 reps per side4:00 - 5:00 Fast side lunge - 12 reps per side5:00 - 6:00 Jumping jacks - 25 reps	Repeat 3 - 5x through <ul style="list-style-type: none">- 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***

