

Week 3

# Kickstart Cardio

## Workout 1: 30 sec on, 20 sec off

Repeat 3 - 5x through

- Burpees
- Half wipers
- Seal jacks
- High plank around the world
- Skiers
- Swimmer crunch with alternating leg

## Workout 2: 30 sec on, 20 sec off

Repeat 3 - 5x through

- Side plank oblique crunch
- Burpees
- Plank sit backs
- Predator jack
- Lateral plank walk
- Jumping lunges

## Workout 3: 30 sec on, 20 sec off

Repeat 3 - 5x through

- Climber taps
- Alternating lunges
- Scissor run
- Low plank spider crunches
- Pushups with side open
- Jump squats

*You are*  
**WORTH IT**

