

Week 4

# Kickstart Cardio

## Workout 1: 30 sec on, 15 sec off

Repeat 3 - 5x through

- Air squats
- Side plank (right side)
- Skiers
- Side plank (left side)
- No rope jump rope
- Knee hug crunches

## Workout 2: 30 sec on, 15 sec off

Repeat 3 - 5x through

- Rocket jumps
- High plank around the world
- Fast feet into burpee
- Lateral bear crawls
- Ladder in and out jumps

*Get up every morning and tell yourself  
"I am doing this!"*

