

Week 5

Kickstart Cardio

Workout 1:

Every minute on the minute (EMOM)

- 0:00 - 1:00 Kneeling squat
- 40 seconds
- 1:00 - 2:00 Shoulder taps
- 30 reps
- 2:00 - 3:00 Rotating jump squat
- 40 seconds
- 3:00 - 4:00 Crab toe touches
- 15 reps per side
- 4:00 - 5:00 Curtsy lunge
- 12 reps per side
- 5:00 - 6:00 Pushups
- 15 reps

Workout 2:

40 sec on, 20 sec off

Repeat 3 - 5x through

- Jump lunges
- High plank around the world
- Cross over jump with oblique crunch
- Scissor kicks
- Seal jacks
- Side plank with dips
- 20 sec per side

I want to see what happens if
I don't give up

