

Week 6

# Kickstart Cardio

## Workout 1: Leg focus 40 sec on, 20 sec off

Rest for one minute between rounds

- Air squat (fast)
- Jump squat
- Superman
- Lunge chop
- Reverse plank march
- Wall sit

## Workout 2: Upper body focus 40 sec on, 20 sec off

Rest for one minute between rounds

- Pushups
- Jumping jacks
- Plank with shoulder tap
- Scissor run
- Bird dog
- Arm circles

## Workout 3: Full body cardio 40 sec on, 30 sec off

Rest for one minute between rounds

- Burpees
- Mountain climbers
- Alternating L holds
- Toe taps
- Skiers
- Penguins

*Take a moment  
to appreciate  
**how far  
you've come***

