**Total Body Cardio Workout 35min**

**40 sec’s work - 20 sec’s rest**

**Repeat each exercise twice**



**4min warm up 30sec each exercise 2 times though**

* Boxer Shuffle side to side
* Kick backs high or low
* Squat reaches
* Jumping Jacks high or low impact – arms straight and high over head

**HIIT Workout 15 exercises repeated TWICE !!! (BUT…Start once and work up to doing twice)**

* High Knees or Jog on spot
* Mountain Climbers on toes or knees FAST… Stay low, knees to chest
* Basic Squats or Squat Jumps
* Press-ups on knees or toes
* Reverse Lunges or Lunge Jumps
* Ab Crunch - knees bent reach for knees or take one leg stretched out reach for toes.
* Squat Plank – Squat in and out (Knees to chest) and 2 jacks repeat or stay on knees and jack out L side then R side
* Glut Bridge – Lift Bum off the floor with one leg stretched out repeat on the other side
* Sit-ups knees bent or legs straight, stretched out arms over head reaching down over head to knees or toes
* Walk out Planks (From forearms to standard plank) on knees or toes
* High fast knee lifts reaching over head ‘Climbing a rope’
* Burpees + 2 press ups, repeat
* Shuffle side to side touching floor if you can!
* Walkout with straight or bent knees 4 triceps press ups, repeat
* Runners Lunge fast or slow R to L alternate staying as LOW as you can