

Advanced Total Body Cardio: 30 min

Warm up:

Up to for 4 mins..2 sets of 10 jumping jacks, jogging in place for 45 seconds, 10 push-ups, 2 sets of 12 side lunges, 10 crunches.

Each exercise in the tabatas are 20 seconds with 10 second rest between cycles. 1 min break in between each circuit (2 min break if needed).

Tabata #1

- High knees—2 cycles
- Alternating reverse lunge with bicep curls—2 cycles
- Tricep kickbacks with weights—2 cycles
 - Push-ups on floor or wall push-ups—2 cycles

Tabata #2

- Alternating front shoulder raises with lateral raise—2 cycles
- Hammer curls with press with dumbbell—2 cycles
- Deep Swimmers Press—2 cycles
 - Planks—2 cycles

Tabata #3

- Speed Skaters—2 cycles
- 2 squats and 8 high knees---2 cycles
- Side lunges, left leg, then right leg—2 cycles
- Planks with side to side feet walk—2 cycles

Tabata #4

- Calf raises—2 cycles
- Chest Press on floor in bridge position—2 cycles
- Crunch-up with weight---2 cycles
 - Dumbbell front squat with one weight—2 cycles

Cool down:

Walk in place for 30 sec, 2-3 min lower body and upper body stretching.