

Advanced Total Body Cardio: 40 min

Warm up (*up to 4 mins*)

2 sets of 10 jumping jacks • Jog in place for 45 seconds
10 push-ups • 2 sets of 12 side lunges • 10 crunches

**Each cycle in the tabatas are 20 seconds with a 10-second rest between cycles.
1 minute break in between each circuit (2 minute break if needed).**

Tabata ①

- Speed Skaters—2 cycles
- Shoulder Press with weight—2 cycles
- Alternating side lunges—2 cycles
- Tricep kickbacks with weights—2 cycles

Tabata ②

- Squat hops—2 cycles
- Upright rows with weights—2 cycles
- Planks with lawn mowers (weights)—2 cycles
- Crunches—2 cycles

Tabata ③

- Jumping Jacks—2 cycles
- Burpees—2 cycles
- Supermans—2 cycles
- Planks with feet walk—2 cycles

Tabata ④

- Mountain climbers—2 cycles
- Double fly, Double row—2 cycles
- 4 push-ups with 4 mountain climbers—2 cycles
- Jump Ropes (Imaginary)—2 cycles

Tabata ⑤

- Bicycle kicks—2 cycles
- Scissor kicks—2 cycles
- Crunches—2 cycles
- 6 inches—2 cycles

Tabata ⑥

- Cross leg, wide leg sit ups—2 cycles
- Plank with knee to elbow, alternate sides—2 cycles
- Oblique V-ups—2 cycles
- Nose to toes sit-ups—2 cycles

Cool down

Walk in place for 30 seconds • 2-3 min lower body and upper body stretching