

CARDIO WORKOUT

EASIER SAID THAN RUN



Oof! There's nothing quite like some cardio for a good old dose of endorphins. So if you're feeling a little sluggish, shake things up and smash your way through this spicy workout.

Once you've finished all ten, rest for 60 seconds, then repeat... 3 times! You'll be winnin' and grinnin' by the end of it.

WORKOUT

- 1 30 x star jumps
- 2 7 x push ups
- 3 50 x punches
- 4 7 x bench dips
- 5 30 x high knees
- 6 7 x squats
- 7 30 x mountain climbers
- 8 7 x crunches
- 9 30 x pulse squats
- 10 7 x seated knee tucks