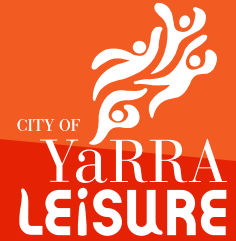


CARDIO WORKOUT

GET FIT WITH HIIT



Get sweaty and power through this workout to give your legs a run for their money.

If you're ready for a challenge, a sweaty challenge, then this one's for you! You'll complete part 1 then 2 of this workout.

WORKOUT PART 1

- 1 10 x 20m sprint with walk back
- 2 10 x 20m frog jumps with walk back
- 3 10 x 20m lateral run with walking lunges on the way back (5 lateral runs each side)
- 4 5 x 20m running butt kicks with walk back
- 5 5 x 20m high knee running with walk back

WORKOUT PART 2

4 sets of each exercise with 20 secs work and 10 secs rest.

- 1 Push ups
- 2 Shadow boxing
- 3 Dips
- 4 Star jumps
- 5 Butterfly crunches