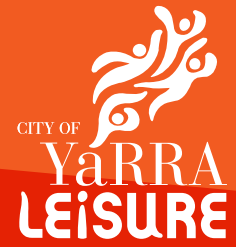


CARDIO WORKOUT

MELT



This 20 minute hot and spicy cardio workout will get you working up a layer or two of sweat! This workout is 100% bodyweight and can be performed at your local park, sports oval or even in your backyard.

WARM UP

- 1 10 x squats
- 2 10 x walkouts
- 3 20 x lunges
- 4 10 x push ups

WORKOUT

Mark out a ten meter line and perform each exercise there and back repeatedly. Take a one minute rest between rounds, aim for 5 and you'll be HOT!

- 1 5 x shuttle Runs (there and back counts as 1)
- 2 4 x Bear crawls (there and back counts as 1)
- 3 2 x explosive jump squats (there and back counts as 1)
- 4 4 x slide shuttle runs (there and back counts as 1)

COOL DOWN

- 1 Child's pose - hold for 30 seconds
- 2 Quadricep stretch, 2 x 15 second holds each side
- 3 Standing hamstring stretch, 2 x 15 seconds holds each side