

CARDIO WORKOUT

BILLS BLISSFUL CARDIO



We know cardio can be hard, so Bill's created an equipment free cardio circuit that will keep you on your toes for 25 minutes.

You'll complete 24 exercises in groups of 2. Perform the 2 exercises for 20 seconds each, then take 20 seconds rest.

Once you've completed the circuit take rest for 1 minute and repeat.

WORKOUT

- 1 Mountain climbers | plank jacks
- 2 Bear hold | crab hold (static)
- 3 Squat jumps | squat hold
- 4 Side plank up and under reach | side plank clincher
- 5 Run on spot high knees | run on spot heel flicks
- 6 Plank position shoulder tap | plank position hand and foot march static
- 7 Skip bounce feet together | skip 2 hops per foot
- 8 T push ups | 3 point planks
- 9 Starjumps | shuffles
- 10 In-and-out crunches | banana crunch single leg
- 11 Lunge jumps | single leg hops
- 12 Hollow hold | flutter kick