

CARDIO WORKOUT WORK IT!



This circuit will get you working up a sweat in no time, there are ten exercises in total. You can rest for 10-20 seconds between each one and once you've finished all ten take a 60 second breather and repeat. Aim for 3 rounds and you'll be feeling as humid as a Brisbane summer!

WORKOUT

- 1 10 x push ups
- 2 20 x reverse lunges with hands above heads (10 each leg)
- 3 50 x shadow boxing punches
- 4 20 x jump squats (wide and narrow)
- 5 10 x dips
- 6 20 x pistol squats. 10 each leg.
(Try and get your butt to the couch or coffee table)
- 7 10 x burpees
- 8 20 x curtsy lunges (10 each side)
- 9 20 x skaters
- 10 20 x butterfly crunches