

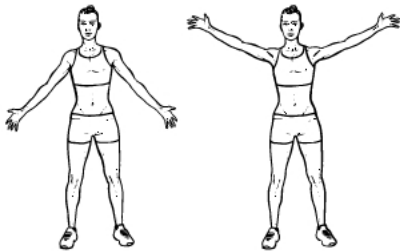
SPRING BODY CARDIO

Abs, Chest, Legs, Shoulders

Ten Minutes. More intensity on little time.



Standing Arm Circles



30 secs

Each Direction

180 / Twisting Jump Squats



60 secs

Substitute with Jumping Jacks if too challenging.

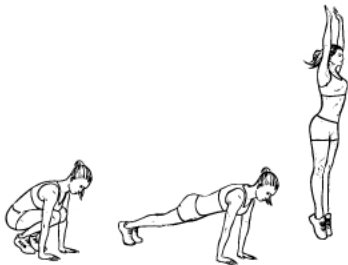
Butt Kicks



30 secs

Then Rest 30 Seconds

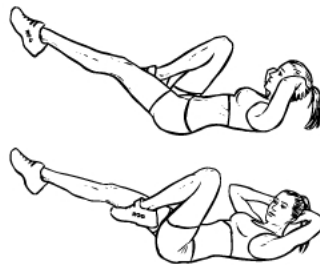
Burpees / Squat Thrusts



4 reps

Note: We are working our way up to 8 Burpees in 60 seconds

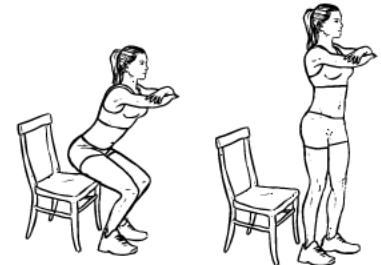
Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches



60 secs

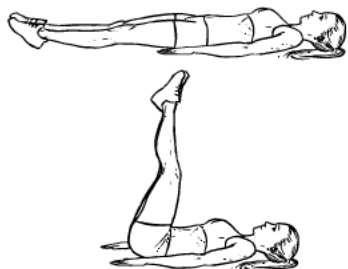
Dig deep.

Chair Squats



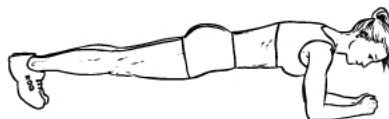
10 reps

Lying Leg Raises / Lifts



10 reps

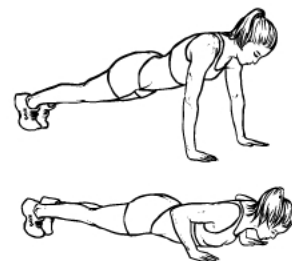
Plank



30 secs

Can you do a minute?

Push-ups / Pushups



10 reps