

Cardio Core 4: Week 14, Day 2

Directions

Complete a full dynamic warm-up before doing the workout. The chart below breaks down the workout. Some exercises include two variations. Choose the one that works best for you.

Perform each circuit for the designated number of reps or time unless otherwise noted. Complete the first circuit before moving on to the second. Perform three sets (three times through all exercises) in each circuit. Rest as little as possible between exercises. For all single-arm or single-sided exercises, complete the repetitions on both sides before moving on to the next exercise.

Are you interested in following along by video? [View the full video here.](#)

CIRCUIT 1	LBS	REPS/TIME
<u>SKATER STEPS OR SKATER JUMPS</u>		40 seconds
<u>REVERSE LUNGE AND TWIST (BODYWEIGHT OR DUMBBELL)</u>		40 seconds
<u>INCHWORMS (+PUSHUP)</u>		40 seconds
<u>SIDE PLANK (KNEE DOWN OR LEGS STRAIGHT)</u>		40 seconds

CIRCUIT 2	LBS	REPS/TIME
<u>POP SQUAT OR STEP SQUATS</u>		40 seconds
<u>ALTERNATING SIDE LUNGE (BODYWEIGHT OR DUMBBELLS)</u>		40 seconds
<u>GORILLA STEPS OR JACKS</u>		40 seconds
<u>CRUNCH KNEE TO ELBOW OR BICYCLE CRUNCHES</u>		40 seconds