

JM Fitness Boot Camp TO GO

Written workout #10 - **Cardio MADNESS!**

What You'll need:

#1 - **A Stopwatch**

#2 - **A Love of Cardio**

Instructions = 40 Seconds of work and 20 seconds of rest for each move.
Do each move 3 times and then move on to the next exercise. All Stationary
Cardio.

Circuit #1

Jump - N - Jacks

High Knees

Burpees

Front to Back hops

Butt Kicks

*****BREAK*****

Mountain Climbers

Side to Side Hops

Plank Jacks

Lay Down Stand Up

Quick Feet Over A Line