

JM Fitness Boot Camp TO GO

Written workout #11 - **Moving Cardio MADNESS!**

What You'll need:

#1 - **A Stopwatch**

#2 - **A Love of Cardio**

#3 - **Space to do Moving Cardio (Outdoors)**

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 Moving Cardio.**

Circuit #1

75% Sprint

Moving High Knees

Burpee Hops

100% Sprints

Your Choice Cardio

*****BREAK*****

Bear Crawls

Side Shuffles

Back Pedals

Moving Jump-N-Jacks

Your Choice Cardio