

JM Fitness Boot Camp TO GO

Written workout #1 - **Core and Cardio**

What You'll need: #1 - **A Stopwatch**

Instructions = 45 Seconds of work and 15 seconds of rest for each exercise.
Repeat each exercise 2 times and move to the next exercise. Take a 1
Minute rest after completion of Circuit #1.

Circuit #1

Sit ups
Leg raises
Left Lying Side crunch
Right Lying Side crunch

Jump - n - Jacks
Plank Jacks
Side to side hops
Plank Hops

Circuit #2

Forward Plank
Straight Leg Holds
Left Side Plank
Right Side Plank

Diagonal Floor Touches
Mountain Climbers
High Knees
Burpees