

JM Fitness Boot Camp TO GO

Written workout #3 - **Chest Arms Core and Cardio**

What You'll need:

#1 - **A Stopwatch**

#2 - **Jump Rope**

Instructions = 3 Minute Rounds. Do strength movement #1 then switch to Cardio movement #1 after 30 seconds, switch back and forth until the 3 minute round is over. 30 seconds of rest after each 3 minute round. Go through moves 1 through 5 two times.

Strength

- #1 - Push Ups
- #2 - Tricep Dips (On a chair)
- #3 - Left Side Hip Dip
- #4 - Right Side Hip Dip
- #5 - Russian Twists

Cardio

- #1 - Jump Rope Forward
- #2 - Jump Rope Backward
- #3 - Mountain Climbers
- #4 - Quick feet over line
- #5 - Your Choice Cardio