

JM Fitness Boot Camp TO GO

Written workout #4 - **Back/Arms/Core/Cardio**

What You'll need:

#1 - A Stopwatch

#2 - Resistance Bands or Dumb Bells

Instructions = 40 Seconds of work and 20 seconds of rest for each exercise. Repeat each exercise 3 times and move to the next exercise. Take a 1 Minute rest after completion of Circuit #2.

Circuit #1

Rows (Over Hand)
Sit ups
High Knees

Circuit #2

Rows (Under Hand)
Forward Planks
Jump - N - Jacks

Circuit #3

Rows (Palms face each other)
Leg Raise
Your Choice Cardio

Circuit #4

Reverse Flys
Straight Leg Hold
Your Choice Cardio