

JM Fitness Boot Camp TO GO

Written workout #5 - **Legs Core and Cardio**

What You'll need:

#1 - **A Stopwatch**

Instructions = 11 Minutes each circuit. 40 seconds of work 20 seconds of rest, back and forth between each of the 2 strength moves until each exercise has been completed 5 times. Take a 1 minute rest after each circuit.

Circuit #1

Squats
Sit ups

(1 Minute of your
Choice Cardio at the end
of the round)

Circuit #2

Bridges
Leg Raises

(1 Minute of your
Choice Cardio at the end
of the round)

Circuit #3

Alt Reverse Lunge
Russian Twists

(1 Minute of your
Choice Cardio at the end
of the round)