

JM Fitness Boot Camp TO GO

Written workout #6 - **Chest Core Back and Cardio**

What You'll need:

#1 - **A Stopwatch**

#2 - **Dumbbells**

Instructions = 40 seconds of work and 20 seconds of rest. Complete each move two times and then move on to the next exercise. Take a 1 minute rest after the first circuit.

Circuit #1

Circuit #2

Left Side Chest Press
Right Side Chest Press
Left Side Plank
Right Side Plank
Mountain Climbers
Your Choice Cardio

Left Side Row
Right Side Row
Left Side Lying Side Crunch
Right Side Lying Side Crunch
Front to back hops
Your Choice Cardio