

JM Fitness Boot Camp TO GO

Written workout #7 - **Legs Shoulders Core and Cardio**

What You'll need:

#1 - A Stopwatch

#2 - Dumbbells or Bands

Instructions = 30 Seconds of work (Move #1) 30 seconds of work (Move #2) and 30 seconds of rest. Repeat 4 times and move on to the next set of exercises. 1 minute break after circuit #1.

Circuit #1

#1 - Left Leg Squat
#2 - Right Leg Squat (On Chair)

#1 - Sit Ups
#2 - Forward Plank

#1 - High knees
#2 - Your Choice Cardio

Circuit #2

#1 - Left Side Shoulder Press
#2 - Right Side Shoulder Press

#1 - Leg Raises
#2 - Straight Leg Holds

#1 - Burpees
#2 - Your Choice Cardio