

JM Fitness Boot Camp TO GO

Written workout #8 - **Legs Arms shoulders and Cardio**

What You'll need:

#1 - A Stopwatch

#2 - Dumbbells (DB) or Bands

Instructions = 30 seconds of work and 15 seconds of rest for each exercise. Do each exercise 2 times and move on to the next exercise. Take a 1 minute rest after going through the circuit the first time. Repeat circuit 2 times.

Circuit #1

Squats (Band or DB)
Bridges (Body weight or DB)
Shoulder Press (Band or DB)
Your Choice Cardio
Bicep Curls (Band or DB)
Burpees
Side Raise (Band or DB)
High Knees
Front Raise (Band or DB)
Your Choice Cardio