

JM Fitness Boot Camp TO GO

Written workout #9 - **Legs Arms and Cardio**

What You'll need:

#1 - **A Stopwatch**

#2 - **Dumbbells or Bands**

Instructions = 45 seconds of work and 30 seconds of rest for each move. Repeat each move 2 times and then move on to the next exercise. Take a 1 minute break after the first circuit.

Circuit #1

Circuit #2

Push ups

Bicep Curls

Mountain Climbers

Mountain Climbers

Squats or Jump Squats

Hammer Curls

Burpees

Burpees

Bridges

Tricep Kickbacks

Your Choice Cardio

Your Choice Cardio

(Body Weight circuit)

(Bands or Dumbbell circuit)