

20 MINUTE WORKOUT CARDIO ONLY - PART 2

MWR TRAINER TIP: DO EACH EXERCISE FOR ONE MINUTE. BEGINNERS START WITH 1 ROUND, AS YOU BECOME STRONGER INCREASE ROUNDS. ADVANCED EXERCISERS COMPLETE FOUR 5 MINUTE ROUNDS FOR A TOTAL OF 20 MINUTES. COMBINE THIS WORKOUT WITH PART 1 FOR A 40 MINUTE CARDIO CHALLENGE



MOUNTAIN CLIMBERS
1:00



JUMPING JACKS
1:00



BUTT KICKS 1:00



HIGH KNEES 1:00



POWER SKIPS 1:00



REPEAT