

Cardio Blaster

(Warm-up 10 min. Walk/Run)



Jump Rope
1 Minute



High Knees
1 Minute



Jumping Jacks
1 Minute



Butt Kicks
1 Minute



Push-ups
1 Minute



Tricep Dips
1 Minute

DSCC MWR Trainer Tip: Complete 3-5 rounds 12-20 reps.