



WORKOUT OF THE DAY



CARDIO Training

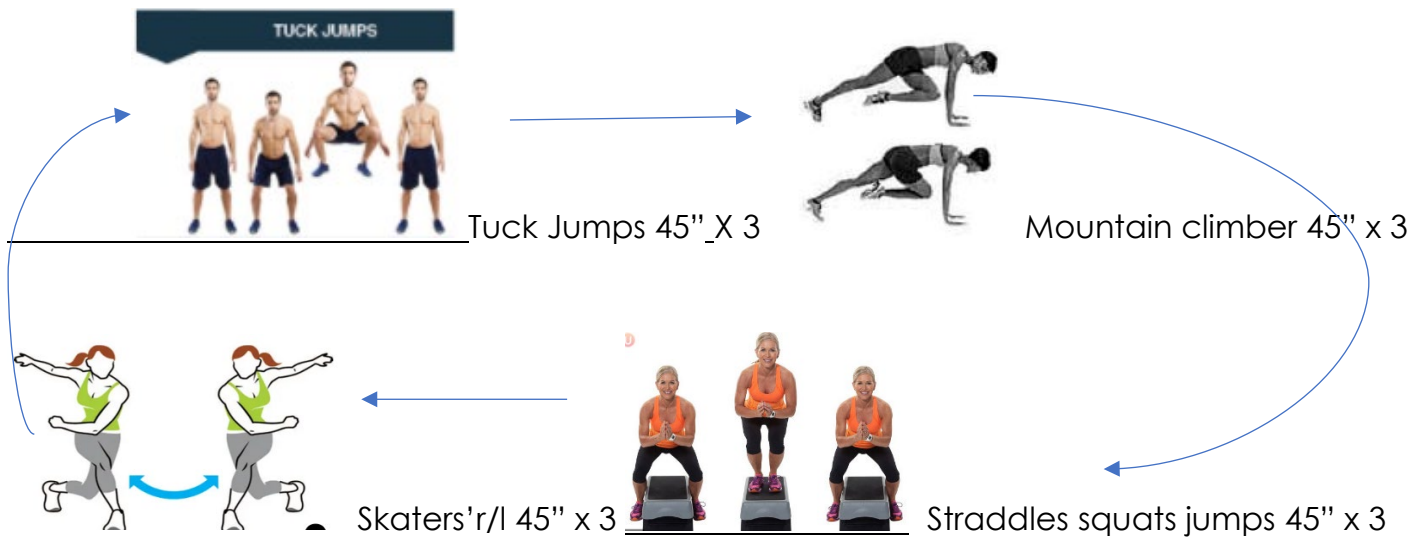
What You'll Need: Bench, Floor mat.

Recommendations: Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential.

Warm Up (2X): Hip rolls, alternate knee to elbow plank, alternated sidekicks, all around arms, bicycle abs., alternated side squats. 30 secs each

Cardio Strength Training. Complete 3 times each exercise 45 seconds rest 15 seconds in between sets. Complete up to 3 or 4 rounds of this circuit. Modify adding or removing time and rounds, according to your fitness level.

Exercises: *repetitions can be modified according to your fitness level*



Cool Down: take a 5-minute walk and stretch big muscle groups, holding each stretch for 12-20 seconds.