



WORKOUT OF THE DAY **MWR**

Cardio-Resistance CIRCUIT Training

What You'll Need: Bench or stepper, Jump Rope, Floor mat, dead ball medium to heavy weight.

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): Alternated Lunges with easy torso rotation, walking hip rolls, standing hands to toa extended leg reach, Lateral walking squat, Bird-dog yoga pose, cat-cow yoga pose. 30 seconds each.

Cardio resistance Training. 4 stations, jumping rope in between. Complete 30 to 45 sec each station, 3 to 4 rounds. 30 to 90 seconds rest in between sets.

Exercises: *(repetitions/time can be modified according to your fitness level)*

1) Farmer walk Jump Rope 2) Ball Wall Jump Rope 3) Burpee to Bench Jump rope



(W/WO KB, DB)



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