



## Cardio Blaster Circuit #1

Warm up  
Stretching – 5 Minutes

### Circuit 1

Jump rope - 3 Minutes  
20 push-ups  
40 jump lunges  
40 mountain climbers  
20 ab thrusters\*  
20 burpees

### Circuit 2

Jump rope - 3 Minutes  
15 push-ups  
30 jump lunges  
30 mountain climbers  
15 ab thrusters  
15 burpees

### Circuit 2

Jump rope - 3 Minutes  
10 push-ups  
20 jump lunges  
20 Mountain climbers  
10 ab thrusters  
10 burpees