



Week 3: Workout #5

Equipment:

Dumbbells

Mat

Ball

35 Minutes Cardio Crunch

*You can run, walk, bike, swim....pick your poison!

Use this scale to measure your intensity:

1=rest

10=all out

5 minute Warm up (3-5)

Complete the following 5 times:

30 seconds go all out (6-7)

1 minute recovery (3-5)

Complete the following 5 times:

15 second sprint (8-10)

45 second recovery (5-6)

Complete this Circuit 7 times:

15 second sprint (8-10)

45 second (6-7)

1 minute (5-6)

Cool Down

3-5 minutes (3-4)