

EE

STRENGTH

DOUBLE UP **CARDIO
WORKOUT**

**3 SUPERSETS FOR 3 ROUNDS
TOTAL WORKING TIME
20MIN**

WORKOUT 1 = PUSH

A1: Jumping Jack - 15sec

A2: Push up - 10reps

RND1 = 15 sec of Jumping Jacks and 10 Pushups; RND2 = 30 sec of Jumping Jacks and 20 Pushups; RND3 = 60 sec of Jumping Jacks and 40 pushups; Rest 15, 30, and 60 sec respectively.

Total Working Time

Pushup = 2:20

J-Jack = 1:45

Rest = 1:45

=5:50

B1: Mountain Climber - 15sec

B2: Body Weight Squat - 15reps

RND1 = 15 sec of Mountain Climbers and 15 Squats; RND2 = 30 sec of Mountain Climbers and 30 Squats; RND3 = 60 sec of Mountain Climbers and 60 Squats pushups; Rest 15, 30, and 60 sec respectively.

Total Working Time

Squat = 2:20

MTN CLMB = 1:45

Rest = 1:45

=5:50

C1: Fast Hands - 15sec

C2: Plank w/Anterior Reach - 5/side

RND1 = 15 sec of Fast Hands and 5 Reach/side; RND2 = 30 sec of Fast Hands and 10 Reach/side;

RND3 = 60 sec of Fast Hands and 20 Reach/side; Rest 15, 30, and 60 sec respectively.

Total Working Time

Ant. Reach = 1:45

MTN CLMB = 1:45

Rest = 1:45

=5:15

TOTAL TIME = 16:55

Finisher (2 Rounds)

Squat Thrust to Forward Lunge (1/side) X 12 = 1:20min

REST = 0:45sec

X 12 = 1:20min

Working Time = 3:05

TOTAL WORKOUT TIME ELAPSED = 20:00
