

CARDIO BURST!

6 MINUTES

1 MIN 30 SEC

0-10	JOGGING
10-20	SPRINTS ON THE SPOT
20-30	STEP HOPS
30-40	SPRINTS ON THE SPOT (SHOULDER STAND ROCK TO STAND)
40-50	GET UPS
50-60	SPRINTS ON THE SPOT
60-70	BURPEES
70-80	SPRINTS ON THE SPOT
80-90	JOGGING

30 secs rest

Repeat 3 times