

Giulia's Cardio Workout

FOCUS: Full body cardio; High reps; Keeping the heart rate up and body moving

Exercise Name	Form Tips	# Reps	# Sets
A1: Jump squats	-swing the arms back to create momentum and height in the vertical jump	15 total	3
A2: Dumbbell punches	-keep the knees and hips slightly bent, move the shoulders back and forth with each punch	15 each arm	3
A3: Bicycle crunches	-engage the core, opposite elbow to opposite knee	15 each side	3
B1: Plank push ups	-keep the hips pointing down, engage the core and drive the hand through the ground to lift yourself into a high plank	8 each arm	3
B2: Toe touches	-keep the legs straight up, engage the core and drive the hands up to your feet	20 total	3
B3: Reverse lunge to a single leg hop	-to regress from a single leg hop, drive the knee up to the chest -drive the front foot into the ground when coming back up from the lunge	8 each leg	3
C1: Flutter kicks	-squeeze the core, keep the legs straight and low to the ground	30 total	3
C2: Air squats	-drive the feet into the ground and explode up	20 total	3
C3: High plank walkouts	-keep the core tight and hips tucked when in the high plank	10 total	3