

Home Cardio & Strength—Emphasis on Cardio!

Run 1/2 mile

Jump rope X 300

15 Burpees (option: do push ups instead)

60 double-count bicycles

Run 1 mile

Jump rope x 200

10 Burpees

50 double-count bicycles

Run 1 1/2 miles

Jump rope x 100

5 Burpees

40 double-count bicycles

Record your time and try to beat it next time!