

Advanced Strength & Cardio

60 seconds low side plank pulse each side + 1 minute Push up-plank skier
50 Butt Rockets/leg ext. + 1 minute Travel high knees 10/1 squat thrust
50 walking lunges (with weights) +50 wide-leg jumping jack touch
45 Monkey squats + 45 seconds Low Plank jacks + 100 JR
40 Bicycles + 40 mountain climbers (both 4-count)
35 Chest fly/reverse curl + 1 minute push ups jump feet forward
30 Good Mornings to Upright Row + 30 lunge jumps
25 Side Push Ups lift top leg + 25 Plank skiers
20 Lat pull down/heel drops + 20 inchworm push ups
20 Squat Press, 20 weighted pulse squat+ 20 burpees
30 squat side kick + 30 shuffle touch

To increase the cardio run 25 yards out and back between each set of exercises.