

1000 Cardio & Core

BURN CHALLENGE

25 reps each exercise

W1 x1 set

W2 x2 sets

W3 x3 sets

W4 x4 sets

1) Jumping Jacks

2) Squats

3) Skaters

4) Push-Ups

5) Mountain Climbers

6) Plank Jacks

7) Hip Thrusts

8) Crunches

9) Flutter Kicks

10) In-Out Squats