

HOW TO CRUSH YOUR WORKOUT

IN 30 MINUTES

WARM UP

1 minute each of the following

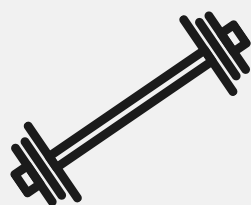
- Jumping Jacks
- High Knees
- Jump Squats
- -Butt Kicks
- -Side Shuffles



STRENGTHENING

Pick a body group

Ex: Legs



- Weighted Lunges (15 on each leg)
- Adductors (15 on each leg)
- Abductors (15 on each leg)
- Kettlebell Squats (15)
- Split Leg Lunges (15 on each leg)

CARDIO

Sprints

- 30 seconds sprint
- 15 squats



***Repeat for 5 minutes**

****Repeat strengthening segment**

COOL DOWN

Stretching

Make sure to stretch all the muscles you used during your workout and to slowly bring down your heart rate.

