

20 MIN FULL BODY CARDIO		
Workouts	Repetitions	Details
Warm-Up		
Shoulder Rolls	10/10	
Jumping Jacks	30	
Lunge + twist	10	
Workout x2		
Sumo Squat Jump	15	No weight
Half Burpee	15	No weight
M&B Wellness Lunge	15 each side	No weight
Mountain Climbers	30	No weight
Jump Squats	15	No weight
Abs (Bicycle Crunches)	30	No weight
Rest 1 min and repeat		
Cool down		
Hamstring Stretch	20 seconds each side	
Forward Bend	20 seconds	
Forward Bend Shoulder	20 seconds	

DISCLAIMER: You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. The use of these activities is at your own risk.

