



Cardio Conditioning Workout!

	<u>EXERCISE</u>	<u>Time</u> <u>ON/OFF</u>	<u>SETS</u>	<u>REST TIME</u> <u>AFTER ALL SETS</u> <u>COMPLETED</u>
1	Rower – Steady pace for time	5 Minutes	1	2 minutes
2	Deadball slams/Medball	10/20	5	2 minutes
3	Box step ups (No weight)	20/20	5	2 minutes
4	Cross Trainer	20/30	5	2 minutes
5	Finish Combo *Plank *Mountain Climbers	ON/OFF 15/15 15/15	4	Finished!!

