



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CARDIO WITH WEIGHTS WORKOUT

EQUIPMENT: MAT, HAND WEIGHTS (LIGHT/HEAVY), TIMER (I USE THE FREE INTERVAL TIMER APP)

SET TIMER: PERFORM EACH EXERCISE IN THE CIRCUIT FOR 1 MIN EACH/10 SEC BREAK , THEN 30 SEC EACH/10 SEC BREAK.

**BE SURE TO WARM UP BEFORE COMPLETING THIS WORKOUT.

CIRCUIT 1:

1. WIDE SQUAT HOLD WITH ALTERNATING CROSS PUNCHES (OPTION TO USE HAND WEIGHTS)
2. SQUAT JACKS

CIRCUIT 2:

1. PUSHUPS OR CHEST PRESS
2. JUMP ROPE

CIRCUIT 3:

1. ALTERNATE ONE BENT OVER ROW/WIDE ROW
2. SKATERS

CIRCUIT 4:

1. ALTERNATING REAR LUNGES WITH SHOULDER PRESS IN BETWEEN
2. SIDE SHUFFLE

CIRCUIT 5:

1. 3 REAR PRESS BACKS, 1 BICEP CURL
2. HEISMAN

CIRCUIT 6:

1. TRICEP KICKBACKS
2. QUICK FEET

CIRCUIT 7:

1. ALTERNATING LATERAL RAISE AND FORWARD RAISE
2. BURPEES

CIRCUIT 8:

1. DEADLIFT WITH UPRIGHT ROW
2. ALTERNATE BUTT KICKERS AND HIGH KNEES

**COOL DOWN

TOTAL TIME:

EACH CIRCUIT WILL TAKE 3 MIN/40SEC.

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