

FULL BODY

you need : towel, waterbottle, chair
optional : mat, chrono



Sequence : warm-up for at least 5 minutes
perform the challenge for a 20-30 minute workout
cooldown and stretching for at least 5 min

In these simple cardio challenges we combine easy cardio moves with shorter strength exercises, pushing yourself to the limits to try improving your time

Perform once a month to monitor progress,

take as much rest as you need in between or during the repetitions

* exercises can be performed with additional weight (dumbell, kettlebell, waterbottle, book,...)

30 jumping jacks - 15 push ups
30 jumping jacks - 15 crunches*
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30 jumping jacks - 15 crunches*

30 high knees - 15 squat+press*
30 high knees - 15 tricep dips
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30 high knees - 15 tricep dips

30 mountain climbers - 10 leg raises
30 mountain climbers - 20 ankle taps
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30 mountain climbers - 20 ankle taps