

Cardio & Abs Pick'em Workout

B KINETIC FITNESS - BKINETIC.COM

Becky Williams

DURATION:

30 sec

30 sec

30 sec

30 sec

45 sec

45 sec

45 sec

45 sec

60 sec

60 sec

60 sec

60 sec

CARDIO EXERCISES:

Butt Kicks

Jumping Jacks

Skaters

Burpees

Star Jumps

High Knees

Side to Side Shuffle

Fast Feet

Lateral Step-overs

Bench Vault

Explosive Step-ups

Mt. Climbers

Side to Side Hops

Box Jumps

Front to Back Hops

Lunge Jumps

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AB/CORE EXERCISES:

Plank

Side Plank

Russian Twist

Plank-up

Mt. Climber w/ Twist

Seated In & Out

Jackknife

Reverse Crunch

SL Lowering Drill

Banana to Superman Hold

Kneeling Sliding Single Arm Reach

Anti-Rotation Hold

T-Rot Push-up