

GET FIT FOR CHRISTMAS

CHRISTMAS CARDIO BLAST (30MINS)

EXERCISE	SETS AND REPS	TIME
BIKE	Q-START INTERVALS	6 MINUTES 20 SECS SPRINT 20 SECS STEADY PACE
SUMMIT TRAINER	Q-START INTERVALS	6 MINUTES 20 SECS FAST 20 SECS STEADY PACE
ROWER	JUST ROW INTERVALS	6 MINUTES 20 SECS FAST 20 SECS STEADY PACE
BURPEES	2-3 SETS X10 REPS	30-60 SECS REST BETWEEN SETS



EXERCISE	SETS AND REPS	TIME
SQUATS	2-3 SETS X10 REPS	30-60 SECS REST BETWEEN SETS
MOUNTAIN CLIMBERS	2-3 SETS X10 REPS	30-60 SECS REST BETWEEN SETS
BUNNY HOPS	2-3 SETS X10 REPS	30-60 SECS REST BETWEEN SETS

