

## Cardio Blast 2

	<b>Exercise</b>	<b>Time/Reps</b>
<b>Warm-up:</b>	Right Standing Donkeys & Fire Hydrants	30 sec
	Right Figure 8's	30 sec
	Right Standing Side Crunch	30 sec
	Right Figure 8's	30 sec
	Left Standing Donkeys & Fire Hydrants	30 sec
	Left Figure 8's	30 sec
	Left Standing Side Crunch	30 sec
	Left Figure 8's	30 sec
<b>Circuit 1:</b>	Right Front Kicks	5
<b>Perform</b>	Butt Kicks	10
<b>3 Times</b>	Left Front Kicks	5
	Butt Kicks	10
	Good Mornings	5
	Butt Kicks	10
<b>Circuit 2:</b>	Right Side Kick + Curtsy Squat	5
<b>Perform</b>	High Knees	10
<b>3 Times</b>	Left Side Kick + Curtsy Squat	5
	High Knees	10
	Side Squats	5
	High Knees	10

## Cardio Blast 2

<b>Circuit 3:</b>	Right Step Downs	5
<b>Perform</b>	Chair Taps	10
<b>3 Times</b>	Left Step Downs	5
	Chair Taps	10
	Chair Tricep Dips + Kick-out	5
	Chair Taps	10
<b>Circuit 4:</b>	3-Way Calf Raise	5
<b>Perform</b>	Jumping Jacks	10
<b>3 Times</b>	Right Chair Runners	5
	Jumping Jacks	10
	Left Chair Runners	5
	Jumping Jacks	10
<b>Cool Down:</b>	Sun Salutations/Stretch	2