

Cardi Party #1

Exercise	Time
Set 1	
Jumping Jacks	50 sec/ 10 sec rest
Push-up Burpee + Tuck Jump	50 sec/ 10 sec rest
Wide-to-Narrow Squat Jumps (on Bosu opt)	50 sec/ 10 sec rest
Bench Triceps Dips	50 sec/ 10 sec rest
Walking Lunges (with weight opt)	50 sec/ 10 sec rest
Push-up + 2 Plank Jacks + Knee to Opp. Elbow	50 sec/ 10 sec rest
Rest 1 min and Repeat 1-3 times	
Set 2	
Butt Kicks	50 sec/ 10 sec rest
Donkey Kicks/Handstands	50 sec/ 10 sec rest
High Knees	50 sec/ 10 sec rest
Supermans with Arm Rows	50 sec/ 10 sec rest
Mountain Climbers	50 sec/ 10 sec rest
Stair/Medicine Ball Taps	50 sec/ 10 sec rest
Rest 1 min and Repeat 1-3 times	
10 Minute Abs	Time
High Plank w/ 2 Knee Dips + 2 Shoulder Taps	50 sec/ 10 sec rest
Russian Twists (w/ weight opt)	50 sec/ 10 sec rest
Reverse Crunches	50 sec/ 10 sec rest
Repeat 2 more times!!	

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Rocking Planks	1 min
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