

CONFIDENTIAL AND PROPRIETARY INFORMATION

CARDIO CONDITIONING – 30

Warm up (5 Minutes total, 30 seconds each)

- Jumping Jacks
- Front clap Jacks
- Small side to side jump rope
- Forward/back jump rope
- Two feet jump rope
 - Challenge: every 5 seconds, double jump for total of 6 jumps
- Straight Arm Jacks
- Kick Heels out in front with Climbing Arms
- Hop Scotch
- Shoulder Tap Jacks

Active Stretch 4 minutes (30 seconds each)

- 3-way lunge right side
- 3-way lunge left side
- Side Lunges
- Squat and Twist
- Hip Circles
- Windmills
- Arm circles small, getting bigger, forward
- Arm Circles the other way, reverse

**** 30 Seconds of Rest ****

Cardio Conditioning – start with Base exercise. After 10 seconds do the Main exercise for 10 seconds. Alternate between base and main exercise 3 times for a total of 1 minute. No rest until end. (Beginners may rest 30 seconds between cycles)

**** NOTE:** To make this more challenging, alternate between Base and Main for 15 seconds. Do each Main exercise 2 x.

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| Cycle 1: | Base Exercise: | Crisscross jumps |
| | Minute 1 Main: | High knees |
| | Minute 2 Main: | Squat Jumps or Squat Pulses |
| | Minute 3 Main: | Speed Skaters |
| | Minute 4 Main: | Up & Overs |
| | Minute 5 Main: | Floor Mountain Climbers |
| Cycle 2: | Base Exercise: | Split, Together, Split, Together |
| | Minute 1 Main: | Wide High Knees (tire jumps) |
| | Minute 2 Main: | Tuck jumps |
| | Minute 3 Main: | Pushups |
| | Minute 4 Main: | Right knees |
| | Minute 5 Main: | Left Knees |
| Cycle 3: | Base Exercise: | Fast Feet |
| | Minute 1 Main: | Twist jumps (right, center, left, center) |
| | Minute 2 Main: | Burpees |
| | Minute 3 Main: | X Jumps |
| | Minute 4 Main: | Double Heel Kick |
| | Minute 5 Main: | Standing Ladder climbs |
| Cycle 4: | Base Exercise: | Bicycle kicks |
| | Minute 1 Main: | Knee Rubs |
| | Minute 2 Main: | In and Out with a Twist |
| | Minute 3 Main: | Full body, Up and Outs |
| | Minute 4 Main: | Heel Touches |
| | Minute 5 Main: | Low Plank alternating knee to elbow (same side)
(Modification: plank hold) |

Cooldown: 3 minutes

Descriptions:

- **Double Heel Kick** – Jump bringing both heels to your butt.
 - **Modification:** squat, bring one heel to bottom. Squat and bring opposite heel to bottom.
- **Floor Mountain Climbers** – get into high plank position. Alternate bringing knees towards chest like you are running on the floor.
- **Full body, Up and Outs** – lay on back arms above head, feet straight out. Sit up, reaching arms straight up towards ceiling, then reach your arms out and touch your toes. Make sure you have two distinct motions here. Up then out.
- **Heel Touches** – lay on back, knees bend, feet on floor. Move body side to side touch hand to heel (Right hand to right heel, left hand to left heel).
 - **Challenge:** keep feet close together and far away from bottom.
 - **Modification:** keep feet far apart and close to bottom.
- **In and Out with a Twist** – sit on bottom, knees bent and off ground. Hands by your sides on floor. Kick legs out and slightly twist body with feet facing in. Bring legs back to starting position. The kick legs out to other side, slightly twisting body and pacing feet in towards middle of body.
- **Knee Rubs** – lay on back with knees bend. Place hands on legs. Rub hands up leg to knee and back to starting position. Hands never leave legs.
- **Plank Taps** – get in plank. Reach hand forward and tap ground. Alternate hands.
 - **Modification:** hold plank
- **Speed Skaters** - start with left foot in and right foot out. Right hand on floor. Switch leg positions so right foot steps in and left foot steps out. Left hand reaches for floor, right hand comes up

- **Split, Together, Split, Together** – Hands up in front of chest. Split feet so that one foot is forward, the other is back. Jump feet back together (shoulder width apart), then jump and split feet the other way.
- **Tuck Jump Modification** – Start with hands above your head, one hand on top of the other. Bring one knee up and bring hands down to tap knee. Repeat on opposite side. Keep alternating.
- **Up & Overs** – jump or step over an imaginary box landing on opposite foot. Go back and forth.
 - **Modification:** step over imaginary box instead of jumping
- **X Jumps** – Bend knees so that opposite hand touches opposite toes. Jump up and spread body like an X while jumping
 - **Modification:** come to toes instead of jumping.

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