### Week 2

#### Kickstart Cardio

<table>
<thead>
<tr>
<th>Workout 1:</th>
<th>Workout 2:</th>
<th>Workout 3:</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 sec on, 20 sec off</td>
<td>Every minute on the minute (EMOM)</td>
<td>30 sec on, 30 sec off</td>
</tr>
</tbody>
</table>

**Workout 1:**
- Rotating jump squats
- Plank with shoulder taps
- Skiers
- Wall sit
- Mountain climbers

**Workout 2:**
- Repeat 3 - 5x through
  - Lunge back with knee drive - 12 per leg
  - Pushups - 15 reps
  - Jump squats - 20 reps
  - Side plank with dips - 12 reps per side
  - Fast side lunge - 12 reps per side
  - Jumping jacks - 25 reps

**Workout 3:**
- Repeat 3 - 5x through
  - Squat with standing rotation
  - Scissor run
  - Plank with up downs
  - Fast curtsy lunge
  - Jumping jack with hop in the middle

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The secret of getting ahead is getting **started**.