### Workout 1: 30 sec on, 20 sec off
- Rotating jump squats
- Plank with shoulder taps
- Skiers
- Wall sit
- Mountain climbers

### Workout 2: Every minute on the minute (EMOM)
- **Repeat 3 - 5x through**
  - **0:00 - 1:00:** Lunge back with knee drive
    - 12 per leg
  - **1:00 - 2:00:** Pushups
    - 15 reps
  - **2:00 - 3:00:** Jump squats
    - 20 reps
  - **3:00 - 4:00:** Side plank with dips
    - 12 reps per side
  - **4:00 - 5:00:** Fast side lunge
    - 12 reps per side
  - **5:00 - 6:00:** Jumping jacks
    - 25 reps

### Workout 3: 30 sec on, 30 sec off
- **Repeat 3 - 5x through**
  - Squat with standing rotation
  - Scissor run
  - Plank with up downs
  - Fast curtsy lunge
  - Jumping jack with hop in the middle

---

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

---

**Week 2**

**Kickstart Cardio**