### Workout 1: 
30 sec on, 20 sec off

- Repeat 3 - 5x through
  - Rotating jump squats
- Wall sit
- Plank with shoulder touch
- Skiers
- Mountain climbers

### Workout 2: 
Every minute on the minute (EMOM)

- 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: 
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

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Week 2

Kickstart Cardio

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