# Kickstart Cardio

Week 4

## Workout 1:
30 sec on, 15 sec off

- Repeat 3 - 5x through
- Air squats
- Side plank (right side)
- Skiers
- Side plank (left side)
- No rope jump rope
- Knee hug crunches

## Workout 2:
30 sec on, 15 sec off

- Repeat 3 - 5x through
- Rocket jumps
- High plank around the world
- Fast feet into burpee
- Lateral bear crawls
- Ladder in and out jumps

Get up every morning and tell yourself “I am doing this!”