

Cardio Killer

10 High knees
5 Tuck Jumps
10 High Knees
10 Burpees
5 Tuck Jumps
10 Burpees
10 High Knees
5 Tuck Jumps
10 High Knees

2 Minute Rest

Beginner — — 3 Sets

Intermediate — — 5 Sets

Advanced — — 7 Sets