



Cardio and Legs!



Created by Carina

73 min.  
10 sec.

Difficulty  
1.1



0%



5%



44%



50%

2  
Exercises

Tags: Legs cardio running Leg day

Runde



Jump

40Reps

Pause

1 min. 0 sec.



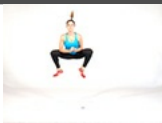
Running

400m

Pause

1 min. 0 sec.

Runde



Jump

40Reps

Pause

1 min. 0 sec.



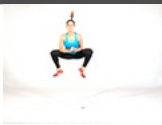
Running

400<sub>m</sub>

Pause

1 min. 0 sec.

Runde



Jump

40<sub>Reps</sub>

Pause

1 min. 0 sec.



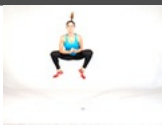
Running

400<sub>m</sub>

Pause

1 min. 0 sec.

Runde



Jump

40<sub>Reps</sub>

Pause

1 min. 0 sec.



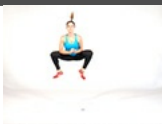
Running

400<sub>m</sub>

Pause

1 min. 0 sec.

Runde

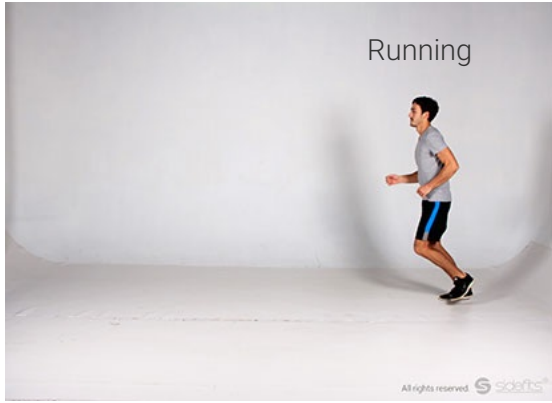


Jump

40<sub>Reps</sub>

Pause

1 min. 0 sec.



400m

Pause

1 min. 0 sec.

## Description

This is a cardio and Legs workout! Shouldn't be too exhausting due to the breaks! :)

## Exercise descriptions



Jump

Jump and bring your knees to the level of your hips. Land softly in slightly bent knees.



Running

Run in your own pace if not indicated otherwise

