









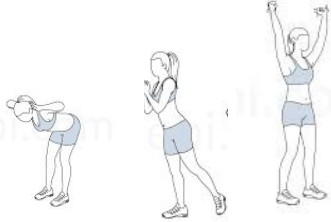





## CORE & CARDIO HIIT

Complete 4 rounds

30 sec of cardio (choose low or high impact,  
followed by 30 sec of standing core for active "recovery"

Rest 1-2 min. between circuits

| CARDIO<br>LOW IMPACT   | CARDIO<br>HIGH IMPACT   | CORE  |
|--|---|---|
| <p><b>Around the World Taps</b><br/>(toe taps to 12 o'clock, 3, 6, 9)</p>   | <p><b>Ski/Cross Jacks</b></p>                      | <p><b>Standing Side Crunch</b></p>                             |
| <p><b>In Out Step Squats</b><br/>Narrow squat, step out to the right, squat, step back to narrow squat, step to left, squat)</p>  | <p><b>Jump Turns</b><br/>(90 or 180 degree)</p>  | <p><b>Standing Oblique Crunch</b></p>                        |
| <p><b>Low Lateral Steps</b></p>   | <p><b>Skaters</b></p>                            | <p><b>Good Morning standing Leg &amp; Y- Extensions</b></p>  |
| <p><b>Knee-up Tap Backs</b></p>   | <p><b>Lunge Jumps</b></p>                        | <p><b>Squat Twist, Tap and Reach</b></p>                     |

