

10 MINUTE CARDIO CIRCUIT

Do each exercise for 30s.
Rest 30s after 4 exercises.
Repeat 2 times.

1. JUMPING JACKS



2. SQUAT JUMPS



3. MOUNTAIN CLIMBERS



4. BUTT KICKS



5. BURPEES

30s break



6. WALL SIT



7. HIGH KNEES



8. PLANK JACKS



30s break