Cardio training and core endurance day

**Challenging**

Duration <45 minutes

Equipment:

Jump Rope

Elevated surface

Open space

Stretch:

Upward dog

Downward dog

Seated reaches

Jump Rope

30 seconds on 15 seconds off

Repeat this process 3 times

Box Jumps or step-ups

Perform 15 reps

Rest for 20 seconds

Repeat this process 3 times

WATER BREAK

Core stability pt. 1 (do twice)

20 lunges

1 minute plank

30 second mountain climbers

Core stability pt. 2 (do three times)

10 burpees

10 bodyweight squats

 Russian Twist:

25 Russian twists



Run for 10+ minutes

Stretch program.

Drink water