

*frisky fall*

# INSANE CARDIO

*ToneltUp.com*

@ToneltUp  
#TIUteam  
#FriskyFall

MOVE	TIME
SLOW JOG	3 MIN
RUN	1 MIN
SPRINT	:30 SEC
REPEAT ABOVE 3 MORE X	
PLYO LUNGES	:30 SEC
JUMP SQUATS	:30 SEC
MT CLIMBERS	:30 SEC
PUSH-UPS	:15 SEC
BURPEES	1 MIN
PLANK	:30 SEC
BICYCLE CRUNCHES	1 MIN

REPEAT ABOVE 1 MORE X

