

CORE AND CARDIO

LEAN REBOOT WORKOUT © LEANRESET.COM

BEGINNER - ONE ROUND

INTERMEDIATE - TWO ROUNDS

ADVANCED - THREE ROUNDS

REST 1 - 2MIN PER ROUND

1



40SEC V-UPS

2



1MIN PLANK JUMPS

3



40SEC PLANK

4



40SEC ONE ARM REACH

5



1MIN STAR JUMPS

6



40SEC SWIMMERS

7



40SEC KNEE TO ELBOW

8



1MIN ONE LEG BURPEE

9



**30SEC RIGHT PLANK
30SEC LEFT PLANK**