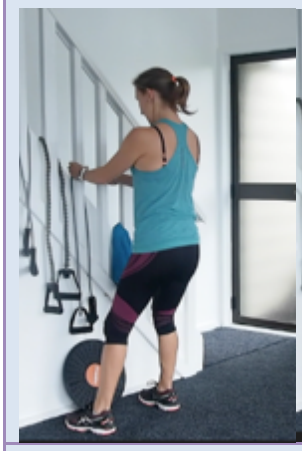
Program 27-31 WEEKS YOUR CARDIO WORKOUT

Description:

Rest, as you need to during the cardio session, repeat 4-6 times and you can add this workout to a strength or core session. The video is 17 minutes in length.

EXERCISE	REPS & SETS	KEY TIPS	NOTES
Follow The Warm up for 3-5 minutes if you have the time but you don't need to.			
CARDIO: Repeat 4-6 times depending on fitness and time			
LUNGE BACKS OR SQUATS	20 reps	LUNGE IF YOU ARE FEELING GOOD AND HAVE NO PAIN. IF YOU HAVE ANY LOWER BACK DISCOMFORT JUST SEMI SQUAT.	
2 SIDE STEPS	20 REPS	CAN ADD A SMALL SKIP IN BETWEEN IF YOU WANT TO.	

PULL UPS 	10-12 REPS	USE YOUR ARMS TO PULL YOURSELF UP
BASIC STEP UPS – CAN STILL RUN IF YOU WANT TO	10 REPS EACH LEG	
TOWEL PUSH UPS WITH SIDE STEP	20 REPS	PULL ON THE TOWEL THE WHOLE TIME AND PRESS UP AND OVER THEN UP AND FORWARD