



WORKOUT #3 | Cardio & Upper Body Circuit

2-3 sets | 30 - 45 seconds each exercise

1

RUN OR WALK LAP



2-3 sets | :30 - :40

2

FREEMOTION CHEST PRESS



- Seated
- Feet flat
- Strong core
- Ears over shoulders
- Palms down
- Push forward

3

MARCH OR HIGH KNEE RUN



2-3 sets | :30 - :40

4

FREEMOTION LAT PULL DOWN



- Seated
- Feet flat
- Tall spine
- Ears over shoulders
- Palms in
- Pull down

5

SIDE TOUCH OR JUMPING JACKS



2-3 sets | :30 - :40

6

FREEMOTION STANDING CABLE ROW



- Squat stance
- Strong core
- Shoulders back & down
- Palms in
- Pull Back

7

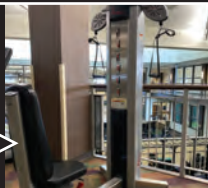
RUN OR WALK LAP



2-3 sets | :30 - :40

8

FREEMOTION TRICEP EXTENSION



- Seated
- Feet Flat
- Tall Spine
- Ears over shoulders
- Elbows in
- Bend at elbow

9

PLANK KNEE DR OR MOUNTAIN CLIMBER



2-3 sets | :30 - :40

10

FREEMOTION BICEP ARM CURL



- Seated
- Feet Flat
- Tall Spine
- Ears over shoulders
- Elbows under shoulders
- Curl toward shoulder