

Chay Jones

Here Is Your Workout

Maximize your caloric burn with this workout that combines heart pumping cardio intervals with high intensity bodyweight exercises.

Equipment: Bodyweight

Jog Cardio



- Jog in an upright position swinging your arms by your sides.
- Concentrate on your stride length as well as your stride frequency.
- Your hands should swing up to about chest height in front and back down to your hip.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
2			60.0	

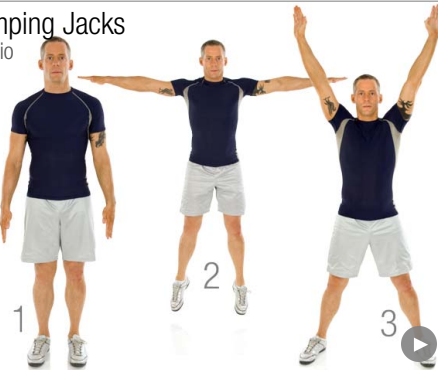
Run Cardio



- Run in an upright position, swinging your arms by your sides.
- Concentrate on both your stride length and your stride frequency.
- Your hand should swing up to about shoulder height in front and back down to your hip.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
2			60.0	

Jumping Jacks Cardio



- 1 - Stand upright with your feet together and your arms by your sides.
 - 2 - Jump up, splitting your feet out to the sides.
 - 3 - Simultaneously swing your arms up to the sides in an arc over your head.
- Reverse the direction of the movement.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
2			60.0	

Toe Taps Cardio



- 1 - Stand upright with one foot on a bench and the other foot on the floor with your hands at your sides.
- 2 - Rapidly change feet alternating between touching the bench and floor in a running motion.

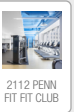
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1			60.0	
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Jump Rope Cardio



- Stand upright holding the handles with your arms by your sides and the rope behind you.
- 1 - Swing your arms straight back and up overhead, then down in front in a big circle.
- As the rope comes down in front, jump to allow it to clear your feet.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
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Glute Bridge March

Legs



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
 - 2 - Raise your hips off the floor, trying to make a straight line from your hips to your shoulders.
 - 3 - Raise one leg up, bending at the hip with your knee at a 90 degree angle.
- Lower the leg and your body back to the floor and repeat raising the other leg.
 - Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Mountain Climber

Cardio



- 1 - Support your body on your toes and hands with one knee bent and drawn up into your chest and the other leg straight out behind.
- 2 - Alternate jumping your feet in and out, bringing your knees into your chest each time and keeping your hands on the floor.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
2			60.0	

Side to Side

Cardio



- 1 - Stand upright with one foot on a bench to one side and your arms by your sides.
 - 2 - Step both feet up onto the bench then one down the other side to the floor.
- Repeat back and forth up and over the bench, alternating with one foot on the bench and one on the floor.

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2			60.0	

Run

Cardio



- Run in an upright position, swinging your arms by your sides.
- Concentrate on both your stride length and your stride frequency.
- Your hand should swing up to about shoulder height in front and back down to your hip.

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Jumping Jacks

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