



# Cardio/Strength Workout

30 Jumping Jacks

5 Pushups

25 High Knees

7 Burpees

10 Crunches

7 Squats

5 Pushups

10 Crunches

5 Pushups

7 Squats

30 Jumping Jacks

1 Minute Wall Sit

5 Pushups

25 High Knees

repeat 2-3 times for max results