

## Cardio Tone 2

	<b>Exercise</b>	<b>Time/Reps</b>
<b>Warm-Up:</b>	Crunches	30 sec
	Heels to Heaven	30 sec
	Butterfly Crunch	30 sec
	Right Small L's	30 sec
	Right Small O's	30 sec
	Right Side Crank Plank	30 sec
	Left Small L's	30 sec
	Left Small O's	30 sec
	Left Side Crank Plank	30 sec
	Hip Lift + Pulse	30 sec
<b>Circuit 1:</b>	Pogo Hops	30s
<b>Perform 3 Times</b>	Quad Push-Ups	30s
	Jumping Jacks	30s
	Crab Toe Touches	30s
<b>Circuit 2:</b>	Butt Kicks	30s
<b>Perform 3 Times</b>	Bear Crawls	30s
	Squat Thrusts	30s
	Ape Squat	30s
<b>Cool Down</b>	Moving Warrior I-II	30s
	Moving Warrior II-Crescent	30s
	Triangle and Variations	30s