

JAR OF LEMONS

AT-HOME CARDIO WORKOUT

(DO THIS WORKOUT 2-3 TIMES!)



JUMPING JACKS
50 REPS



HIGH KNEES
50 REPS
(ALTERNATING)

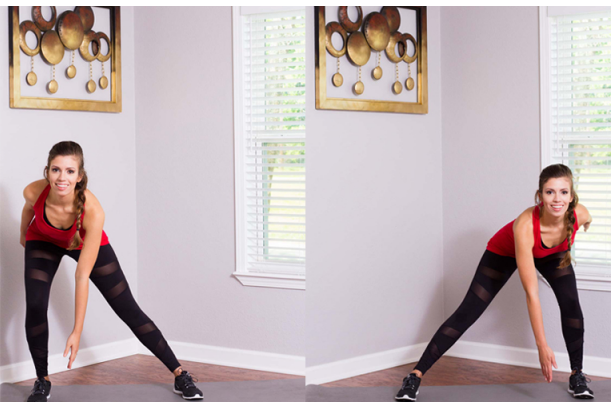
MOUNTAIN CLIMBERS 50 REPS



SQUAT JUMPS 20 REPS



SIDE LUNGE JUMPS 30 REPS (ALTERNATING)



TOE TOUCHES 20 REPS (ALTERNATING)



BURPEES 15 REPS



BUTT KICKS 50 REPS

