

High Intensity Shredder Circuit

Jump Squats

Kick Lunges

30 seconds each, twice through

1 min step ups

1 min rest

Jumping Jacks

Press ups

Dips

30 seconds each, three times through

1 min Squat Jacks

1 min rest

High knees

Plank

Bicycle crunch

30 seconds each, twice through

1 min step ups