



**PERSONAL  
VICTORY**

PERSONAL TRAINING

### **Circuit Cardio**

45 Sec active / 15 sec rest. 3 Rounds

<b>Exercise</b>
1. Jumprope Medium
2. Thruster DB L.
3. Jumprope Highknee
4. Thruster DB R.
5. Jumprope Fast
6. Ballsquat
7. Jumprope Medium
8. Jumping lunges
9. Jumprope Highknee
10. Russian twist
11. Jumprope Fast
12. Burpees