

QUICK MORNING WORKOUT

Workout Method

- 3 minute circuit: Complete as many laps of the circuit as you have time for
- Rest duration: N/A
- Difficulty level: **Low** to **Medium**
- Interchange cardio, body weight and resistance exercises from list opposite.

Workout

- 1 minute **Cardio**
- 1 minute **Bodyweight**
- 1 minute **Resistance**
- **Repeat**

**KB = kettlebell*

#Use a barbell or dumbbells

Skipping

Press-ups

KB* Swings

Running

Burpees

Thrusters‡

Cycling

Plank

Pull-ups

Rowing

Air Squats

KB Jerk



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