

Level 1: High Intensity Cardio

Workout #1

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each
- each resistance circuit is done 4 x without rest

Cardio: 9 minutes of interval training

Followed immediately by:

Circuit: 1) Jump Squats: 15 reps
2) Push ups: Max reps
3) Db Bicep curls: 12 reps } **Perform 4 cycles of this circuit without rest**

Followed immediately by:

Cardio: 9 minutes of interval training

Followed immediately by:

Circuit: 1) Jump squats: 15 reps
2) Push ups: Max reps
3) Db Biceps curls: 12 reps } **Perform 4 cycles of this circuit without rest**

Followed immediately by:

Cardio: 9 minutes of interval training

Example of a 3 minute interval cycle:

Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace

Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace

(9 minutes of intervals = 3 of these cycles)

During step 1: you should be working at near capacity (90% of your max) for 1 minute

During step 2: you should go at a moderate pace (about 60% of max) *enough to let your heart rate drop but not too slow to the point of resting.*

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Workout #2

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each
- each resistance circuit is done 4 X without rest

Cardio: 9 minutes of interval training

Followed immediately by:

Circuit: 1) Db shoulder press: 15 reps
2) Pushups: max reps
3) Air squats: 40 reps } **Perform 4 cycles of this circuit without rest**

Followed immediately by:

Cardio: 9 minutes of interval training

Followed immediately by:

Circuit: 1) Air squats: 40 reps
2) Pushups: max reps
3) Db shoulder press: 15 reps } **Perform 4 cycles of this circuit without rest**

Followed immediately by

Cardio: 9 minutes of interval training

Example of a 3 minute interval cycle:

Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace

**Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute
During step 2: you should go at a moderate pace (about 60% of max) ***enough to let your heart rate drop but not too slow to the point of resting.***

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Workout #3

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each
- each resistance circuit is done 4 x without rest

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Leg extension: 15 reps
2) Db squat press: 15 reps
3) Leg curl: 15 reps } Perform 4 cycles of this circuit without rest

Followed immediately by

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Leg curl: 15 reps
2) Db squat press: 15 reps
3) Leg extension: 15 reps } Perform 4 cycles of this circuit without rest

Followed immediately by

Cardio: 9 minutes of interval training

Example of a 3 minute interval cycle:

Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace

Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace
(9 minutes of intervals = 3 of these cycles)

During step 1: you should be working at near capacity (90% of your max) for 1 minute
During step 2: you should go at a moderate pace (about 60% of max) *enough to let your heart rate drop but not too slow to the point of resting.*

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Workout #4

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each
- each resistance circuit is done 4 x without rest

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) 2 hand overhead (OH) tricep extension: 15 reps
2) Pushups: Max reps
3) Db swings: 15 reps

Perform 4 cycles of this circuit without rest

Followed immediately by

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) 2 hand overhead (OH) tricep extension: 15 reps
2) Pushups: Max reps
3) Db swings: 15 reps

Perform 4 cycles of this circuit without rest

Followed immediately by

Cardio: 9 minutes of interval training

Example of a 3 minute interval cycle:

Step 1 - run (spin bike, Stairmill etc) for 1 minute at a fast pace

**Step 2 - run (spin bike, Stairmill etc) for 2 minutes at a moderate pace
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute
During step 2: you should go at a moderate pace (about 60% of max) *enough to let your heart rate drop but not too slow to the point of resting.*

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Workout #5

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each
- each resistance circuit is done 4 x without rest

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Db squat press: 15 reps
2) Jump squats: 15 reps
3) 1 arm high pulls: 15 reps } **Perform 4 cycles of this circuit without rest**

Followed immediately by

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Db squat press: 15 reps
2) Jump squats: 15 reps
3) 1 arm high pulls: 15 reps } **Perform 4 cycles of this circuit without rest**

Followed immediately by

Cardio: 9 minutes of interval training

Example of a 3 minute interval cycle:

Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace

**Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute
During step 2: you should go at a moderate pace (about 60% of max) ***enough to let your heart rate drop but not too slow to the point of resting.***

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Workout #6

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each
- each resistance circuit is done 4 x without rest

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Spider Pushups: Max reps
2) Squat curl: 15 reps
3) Mountain climbers: 100 reps } **Perform 4 cycles of this circuit without rest**

Followed immediately by

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Mountain climbers: 100 reps
2) Squat curl: 15 reps
3) Spider Pushups: Max reps } **Perform 4 cycles of this circuit without rest**

Followed immediately by

Cardio: 9 minutes of interval training

Example of a 3 minute interval cycle:

Step 1 - run (spin bike, Stairmill etc) for 1 minute at a fast pace

**Step 2 - run (spin bike, Stairmill etc) for 2 minutes at a moderate pace
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute
During step 2: you should go at a moderate pace (about 60% of max) ***enough to let your heart rate drop but not too slow to the point of resting.***

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Workout #7

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each
- each resistance circuit is done 4 x without rest

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Bicycles: 100 reps
2) Mountain climbers: 100 reps
3) Frog jumps: 20 reps } **Perform 4 cycles of this circuit without rest**

Followed immediately by

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Frog jumps: 20 reps
2) Mountain climbers: 100 reps
3) Bicycles: 100 reps } **Perform 4 cycles of this circuit without rest**

Followed immediately by

Cardio: 9 minutes of interval training

Example of a 3 minute interval cycle:

Step 1 - run (spin bike, Stairmill etc) for 1 minute at a fast pace

**Step 2 - run (spin bike, Stairmill etc) for 2 minutes at a moderate pace
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute
During step 2: you should go at a moderate pace (about 60% of max) *enough to let your heart rate drop but not too slow to the point of resting.*

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Workout #8

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each
- each resistance circuit is done 4 x without rest

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Db squat press: 15 reps
2) Spider pushups: Max reps
3) Db squat curls: 15 reps } **Perform 4 cycles of this circuit without rest**

Followed immediately by

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Db squat curl: 15 reps
2) Spider pushups: Max reps
3) Db squat press: 15 reps } **Perform 4 cycles of this circuit without rest**

Followed immediately by

Cardio: 9 minutes of interval training

Example of a 3 minute interval cycle:

Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace

**Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute
During step 2: you should go at a moderate pace (about 60% of max) ***enough to let your heart rate drop but not too slow to the point of resting.***

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Workout #9

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each
- each resistance circuit is done 4 x without rest

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Leg extension: 20 reps
2) Jump squats: 20 reps
3) Walking lunges: 30 reps
(15 reps each leg) ←

} Perform 4 cycles of this circuit without rest

Followed immediately by

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Leg extension: 20 reps
2) Jump squats: 20 reps
3) Walking lunges: 30 reps
(15 reps each leg) ←

} Perform 4 cycles of this circuit without rest

Followed immediately by

Cardio: 9 minutes of interval training

Example of a 3 minute interval cycle:

Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace

Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace
(9 minutes of intervals = 3 of these cycles)

During step 1: you should be working at near capacity (90% of your max) for 1 minute
During step 2: you should go at a moderate pace (about 60% of max) *enough to let your heart rate drop but not too slow to the point of resting.*

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Workout #10

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each
- each resistance circuit is done 4 x without rest

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Air squats: 40 reps
2) Jump squats: 20 reps
3) Walking lunges : 30 reps
(15 reps each leg) ←

} Perform 4 cycles of this circuit without rest

Followed immediately by

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Walking lunges: 30 reps
2) Jump squats: 20 reps
3) Air squats: 40 reps

← (15 reps each leg)

} Perform 4 cycles of this circuit without rest

Followed immediately by

Cardio: 9 minutes of interval training

Example of a 3 minute interval cycle:

Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace

Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace
(9 minutes of intervals = 3 of these cycles)

During step 1: you should be working at near capacity (90% of your max) for 1 minute
During step 2: you should go at a moderate pace (about 60% of max) *enough to let your heart rate drop but not too slow to the point of resting.*

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Workout #11

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each
- each resistance circuit is done 4 x without rest

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Spider pushups: Max Reps
2) Mountain climbers: 120 reps
3) Db snatches: 12 each arm } **Perform 4 cycles of this circuit without rest**

Followed immediately by

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Db snatches: 12 each arm
2) Mountain climbers: 120 reps
3) Spider pushups: Max reps } **Perform 4 cycles of this circuit without rest**

Followed immediately by

Cardio: 9 minutes of interval training

Example of a 3 minute interval cycle:

Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace

**Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute
During step 2: you should go at a moderate pace (about 60% of max) ***enough to let your heart rate drop but not too slow to the point of resting.***

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Workout #12

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each
- each resistance circuit is done 4 x without rest

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Db shoulder press: 12 reps each arm
2) 1 Arm high pull: 12 reps each arm
3) Db snatch: 12 reps each arm } **Perform 4 cycles of this circuit without rest**

Followed immediately by

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Db snatch: 12 reps each arm
2) 1 Arm high pull: 12 reps each arm
3) Db shoulder press: 12 reps each arm } **Perform 4 cycles of this circuit without rest**

Followed immediately by

Cardio: 9 minutes of interval training

Example of a 3 minute interval cycle:

Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace

**Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute
During step 2: you should go at a moderate pace (about 60% of max) ***enough to let your heart rate drop but not too slow to the point of resting.***

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Workout #13

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each
- each resistance circuit is done 4 x without rest

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Db swings: 15 reps
2) Spider pushups: Max reps
3) Frog jumps: 15 reps } **Perform 4 cycles of this circuit without rest**

Followed immediately by

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Frog jumps: 15 reps
2) Spider pushups: Max reps
3) Db swings: 15 reps } **Perform 4 cycles of this circuit without rest**

Followed immediately by

Cardio: 9 minutes of interval training

Example of a 3 minute interval cycle:

Step 1 - run (spin bike, Stairmill etc) for 1 minute at a fast pace

**Step 2 - run (spin bike, Stairmill etc) for 2 minutes at a moderate pace
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute
During step 2: you should go at a moderate pace (about 60% of max) *enough to let your heart rate drop but not too slow to the point of resting.*

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Workout #14

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each
- each resistance circuit is done 4 x without rest

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Air squats: 40 reps
2) Jump squats: 15 reps
3) Db squat press: 15 reps } **Perform 4 cycles of this circuit without rest**

Followed immediately by

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) Db squat press: 15 reps
2) Jump squats: 15 reps
3) Air squats: 40 reps } **Perform 4 cycles of this circuit without rest**

Followed immediately by

Cardio: 9 minutes of interval training

Example of a 3 minute interval cycle:

Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace

**Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute
During step 2: you should go at a moderate pace (about 60% of max) ***enough to let your heart rate drop but not too slow to the point of resting.***

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Workout #15

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each
- each resistance circuit is done 4 x without rest

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) 2 Hand overhead (OH) tricep extensions: 15 reps
2) Db squat press: 15 reps
3) Mountain climbers: 100 reps

Perform 4
cycles of this
circuit with-
out rest

Followed immediately by

Cardio: 9 minutes of interval training

Followed immediately by

Circuit: 1) 2 Hand overhead (OH) tricep extensions
2) Db squat press: 15 reps
3) Mountain climbers: 100 reps

Perform 4
cycles of this
circuit with-
out rest

Followed immediately by

Cardio: 9 minutes of interval training

Example of a 3 minute interval cycle:

Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace

Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace
(9 minutes of intervals = 3 of these cycles)

During step 1: you should be working at near capacity (90% of your max) for 1 minute
During step 2: you should go at a moderate pace (about 60% of max) *enough to let your heart rate drop but not too slow to the point of resting.*