



► mama reset ◄

CARDIO BOOSTER

Cardio Core Circuit

Perform 40 seconds of each exercise, with 20 seconds rest between, or more if needed. Complete 3 circuits with extra rest between circuits if needed. Breathe throughout!



1 SQUAT + FRONT KICK

Feet hip-width. Inhale to squat, reach sits bones back. Exhale up + bring L knee up, extend heel away to kick. Repeat, alternate legs.

2 INCLINE PLANK + KNEE DROPS

Assume plank with hands on a step, table or chair, shoulders over wrists. Exhale to engage core + bend one knee, then other, alternating.

3 WALL SIT + PUNCHES

Grip two cans/light weights. Slide down the wall into a squat with neutral spine. Exhale to punch one arm at a time, keep back straight.



4 SQUAT + CROSSOVER PUNCH

Grip cans, feet hip-width. Inhale squat, reach bum back. Exhale up, pivot to face left + cross R arm across, punch to L side. Repeat, alternate.

5 GLUTE BRIDGE MARCH

Lie on back, knees bent. Exhale, engage core, lift hips. Exhale march L knee in air, down, then R leg. Keep hips still. Inhale bum down. Repeat.