

CARDIO + ABS

Preview Week, Wednesday

AMRAP: As many rounds as possible. Set your timer to 30 minutes (or however long you choose to complete this workout). Complete each exercise with little to no rest in between. Rest 2-3 minutes after exercise #6 and complete as many rounds as possible within 30 minutes.

1 **High Toe Taps** 15 reps/side

2 **Plank Side to Side Jumps** 10 reps/side

3 **Oblique Twist Jumps** 15 reps/side

4 **Crunches** 15 reps

5 **Bench Hop Overs** 10 reps/side

6 **Hand to Forearm Plank** 10 reps