

CARDIO & STRENGTH COMBO

Date: _____ Duration: _____ Intensity: [L] [M] [H]

TYPE	EXERCISE	TARGET / REPS	COMPLETE
Warm-up	Dynamic Stretching	5 Minutes	
Cardio	High-Knee Sprints	3 Sets x 60 Sec	
Strength	Goblet Squats	3 Sets x 12 Reps	
Cardio	Mountain Climbers	3 Sets x 45 Sec	
Strength	Push-Ups (Tempo)	3 Sets x Max Reps	
Cardio	Jump Rope / Burpees	3 Sets x 60 Sec	
Strength	Plank to Alt. Row	3 Sets x 10 Per Side	
Cool Down	Static Stretching	5 Minutes	

Notes & Progress