

Name: _____

Trainer: _____

Date: _____

REAL TIME SEASON 2 WEEK 2 // Workout # 2: Cardio & Core

SET 1

SET 2

SET 3

Weight

Time/Reps

Weight

Time/Reps

Weight

Time/Reps

Circuit A:

1. Knee Knee Toe Toe
2. Box - Jump Overs (Hands On Box)
3. Push-up W/ Alt Tap (Elbow High)

Core - Plank To Alt Knee Pikes

Circuit B:

1. Hip Bridge W/ Overhead Ext
2. Blast Off Push-up
3. Drop Squat (Hands High, Wide Drop)

Core - Oblique Crunches R/L

	SET 1		SET 2		SET 3	
	Weight	Time/Reps	Weight	Time/Reps	Weight	Time/Reps
1. Knee Knee Toe Toe						
2. Box - Jump Overs (Hands On Box)						
3. Push-up W/ Alt Tap (Elbow High)						
Core - Plank To Alt Knee Pikes						
1. Hip Bridge W/ Overhead Ext						
2. Blast Off Push-up						
3. Drop Squat (Hands High, Wide Drop)						
Core - Oblique Crunches R/L						