

Name: _____

Trainer: _____

Date: _____

REAL TIME SEASON 2 WEEK 2 // Workout #4: Cardio & Balance

SET 1

SET 2

SET 3

Weight

Time/Reps

Weight

Time/Reps

Weight

Time/Reps

Circuit A:

1. Agility - Single Leg Jump In W/ Single Leg Burpee

2. Lower - Pivot Lunges W/ Pull Ups

3. Weight - Over The Shoulder

4. Floor/BOSU - Single Leg Holds (Balance)

Circuit B:

1. Skaters W/weight

2. Elbow To Knees W/ Squat Jump (5x5)

3. Bar - Pull Up W/ Dip

4. Lunge Jump W/ Single Leg Hold (Balance)