

Ain't Nobody Got Time for Cardio, v2.0

Complete 4 rounds of the following in superset format – resting when needed:

<u>EXERCISE</u>	<u>REPS/TIME</u>	<u>WEIGHT/INCLINE</u>	<u>NOTES</u>
Jump Rope	1 min	n/a	
Chest Press	8-10	Heavy	
Cable Chest Fly	15	Moderate	
Squat Jumps	15	n/a	
Dumbbell Push-Press	8-10	Heavy	
Triceps dips	15	n/a	

Complete 3 rounds of the following in superset format – resting when needed:

<u>EXERCISE</u>	<u>REPS/TIME</u>	<u>WEIGHT/INCLINE</u>	<u>NOTES</u>
Hanging Leg Raise	10	n/a	
Arnold Press	8-10	Heavy	
Stability Ball Atomic Push-up	10	n/a	
Weighted Burpees	10	Light/Moderate	

Finisher: Complete 3 rounds

<u>EXERCISE</u>	<u>REPS/TIME</u>	<u>WEIGHT</u>	<u>NOTES</u>
Cable Overhead Triceps Extension	10/10 dropset	Moderate/Light	Complete 10 reps at a moderate weight, then immediately drop the weight and complete 10 more reps