

**Ain't Got Time for Cardio, v 3.0**  
**Equipment needed: Barbell or Dumbbells, Bench or Box**

Complete 3 rounds of each of the following circuits in superset format, resting 15-30 seconds after each circuit:

<u>EXERCISE</u>	<u>REPS/TIME</u>	<u>WEIGHT</u>
1a. Barbell or Dumbbell Push Press	15	Moderate
1b. Weighted DB Burpees	10	Light/Moderate
<u>EXERCISE</u>	<u>REPS</u>	<u>WEIGHT</u>
2a. Barbell or DB Burpee/Upright Row	Up Chain Row to 5	Moderate
2b. Front Raise / Chest Press	10	Moderate
<u>EXERCISE</u>	<u>REPS</u>	<u>WEIGHT</u>
3a. Squat Front Raise/Stand Side Raise	10	Moderate
3b. Mountain Climbers	20 each leg	n/a
<u>EXERCISE</u>	<u>REPS</u>	<u>WEIGHT</u>
4a. Incline dumbbell curl/press/front raise	Chain front raise to 5	Light/Moderate
4b. Weighted Bench Jumps	10	Light/Moderate
Core Finisher: 3 rounds - 45 secs work/15 secs transition Decline sit ups Hammer strength oblique machine - or side plank/hip drop		