

# High Intensity Exercises - Group 2



**Instructions:** Do these 4 exercises for 30 seconds each, followed by 30 seconds of active rest (gray box). Repeat this up to 4 rounds.

**How often:** \_\_\_\_\_

**Changes:** \_\_\_\_\_

## Exercises 1 to 4:

### 1. Seated Jacks



### Active Rest:

### Seated Marches



### 2. Alternating Floor and Ceiling Reaches



### 3. Alternating Uppercuts with High Knee Marches



### 4. Alternating Punch with Opposite Leg Kicks

