

High Intensity Exercises - Group 3



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. Alternating Arm Punches



Active Rest:

Seated Marches



2. Seated Windmills



3. Overhead Press with Left Kicks



4. Overhead Press with Right Kicks

