

CARDIO & CORE CONDITIONING

LEVEL I 3 sets **LEVEL II 5** sets **LEVEL III 7** sets **REST** up to 2 minutes





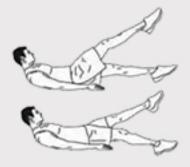
10 climbers



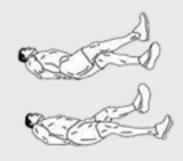
10 climber taps



60 high knees



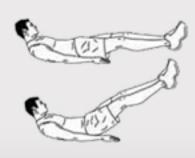
10 flutter kicks



10 scissors



60 high knees



10 leg raises



10 raised leg circles