

# XF

## CARDIO & CORE CONDITIONING

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



**60** high knees



**10** climbers



**10** climber taps



**60** high knees



**10** flutter kicks



**10** scissors



**60** high knees



**10** leg raises



**10** raised leg circles