

7-Minute Cardio Circuit

Moves to Transform Your Body

ACTIVE

Light Rope

- Moderate Pace
- 100 Reps
- 30 Second Rest

Bodyweight Squats

- Slow Pace
- 15 Reps
- 30 Second Rest

Light Rope

- Fast Pace
- 50 Reps
- 30 Second Rest

Crunches

- Slow Pace
- 25 Reps
- 30 Second Rest

Heavy Rope

- Fast Pace
- 40 Reps
- 30 Second Rest

Push-ups

- Slow Pace
- 10 Reps
- 30 Second Rest

