

IN HOME WORKOUT PROGRAM - Day 2 (Cardio)

Group 1 - 6 sets (10-15 sec breaks between exercises) 60-90 sec break between sets

Split Squat Jump (Left)	30 sec
Split Squat Jump (Right)	30 sec
Plyo Explosive Push-Ups	30 sec
Power Stand Up	30 sec
Double Leg Donkey Kick	30 sec
Alternating Two Point Plank	30 sec

Group 1 - 6 sets (10-15 sec breaks between exercises) 60-90 sec break between sets

Tuck Jumps	30 sec
Mountain Climbers	30 sec
Bodyweight Squats	30 sec
Elevated Inchworm	30 sec
Double Leg Raise	30 sec
