the cardio to core
circuit workout

For this workout you'll need some dumbells (a heavy set and a slightly lighter set), a jump rope, a mat, a medicine ball, and a weight sled. No sled? Swap in a move that gets your heart rate up, such as jumping lunges, squat jumps, tuck jumps or mountain climbers. Do the first circuit 3x with 1-2 minutes rest after each. Transition as fast as you can to the second circuit, again doing 3 rounds with 1-2 mins rest in between.

Circuit 1 (3 rounds)

Burpees with overhead press x 10

Push-ups x 20

Jump rope x 100

Weighted sled runs x 25m or as long as you can in the space you have)

Uneven weighted walking lunges x 20

Squat with overhead press x 15

1-2 mins rest

Circuit 2 (3 rounds)

Medicine ball slams x 15

Medicine ball Russian twists x 30

Up-down planks x 30

Side plank with leg lift x 30s/side

1-2 mins rest

Exercise descriptions can be found at eat-spin-run-repeat.com