

December 2011 Workout:

30 Minute Cardio Program: Burn 300+ Calories in 30 Minutes!

3 minute Warm-up(Treadmill/Elliptical/Bike/Etc.)

1 Minute Jumping Jacks

1 Minute Squat Jumps

3 Minutes Interval Cardio(Treadmill/Elliptical/Bike/Etc.)

2 Minutes Side-to-Side Shuffle "Reebok" Step or over an elevated surface**

REPEAT SERIES FROM JUMPING JACKS TWICE

3 Minutes Cardio(Treadmill/Elliptical/Bike/etc.)

1 Minute Jumping Jacks

2 minutes Cool Down

**We have Reebok Steps in the BIG/Karate Room...Just ask a staff member! Not sure on exercise...Ask staff member!