



WEEK 3

CARDIO CIRCUIT

Areas Of Focus For This Programme

Improve overall cardiovascular fitness
Introduce interval training
Work on 'rider fitness'

Goals for the programme

Perform the circuit with ease

Warm Up

Follow [this](#) simple warm up for the next few weeks. Start with small movements and build up.

Exercise	Reps	Sets
Frog Jump Shuffles	30sec	3
Step Overs	30sec	
Spotty Dog Skates	30sec	
Fast Ins	30sec	
Butt Kick Circuit	30sec	