

Workout 1 (30, 40 or 50 minutes)

Minutes 1-5

Run 5 minutes (aerobic pace...can keep your breathing under control)

Minutes 6-9

4 minutes as many sets of 10 push-ups and 10 body squats as you can

Minute 10

1 minute rest

Do 3, 4 or 5 cycles

Workout 2 (30, 40 or 50 minutes)

Minutes 1-5

Stride 100 yards every minute on the minute for 5 minutes (fast but not a sprint)

Ex. It took you 20 seconds...you get 40 seconds of rest

Minutes 6-9

4 minutes as many sets of 10 burpees and 10 squat jumps as you can

Minute 10

1 minute rest

Do 3, 4 or 5 cycles

Workout 3 (30 Minutes)

Minutes 1-10

Easy Jog

Minutes 11-20

Sprint 50 yards every minute on the minute for 10 minutes (anaerobic pace...all out)

Minutes 21-30

Easy Jog