



30 Minute Run It Out!

Warm Up

(5-8 minutes to prepare your body for the workout)

1 min Jog

1 min Run

1 min Push Ups

2 min Jog

2 min Run

1 min Squats

3 min Jog

3 min Run

1 min Flutter Kicks

4 min Jog

4 min Run

1 min Triceps Push Ups or Dips

5 min Run

1 min Plank Hold

Cool Down & Stretch