

Cardio + Mobility

The workout: This workout is a combination of cardio and mobility work. Select a cardio option when “cardio of choice” is written in the workout. You may alternate between cardio options or stick to just one option per session.

Do one exercise for 20 minutes then two-three mobility exercises for twenty minutes.

What you need: Body weight or dumbbells

Cardio options: Bike, rower, treadmill

Mobility options: Hips, ankle, shoulder, neck, back

SET 1 (20 minutes each)

- **Cardio of choice**
Steady pace

Watch: how to do mobility options

SET 2 (20 minutes each)

- **Choose 2-3 mobility options**