



PHASE 2

45 sec each exercise	Cardio Interval	Lower Body Exercise	Cardio Interval	Upper Body Exercise	Cardio Interval	Core Exercise	Cardio Interval	Balance Exercise	Cardio Interval	Rest
Cycle 1	Bike	Body Weight Squats	Bike	Push Ups	Bike	Plank	Bike	Single Leg Stance R	Bike	2 min
Cycle 2	Bike	Step Lunge	Bike	Standing Row	Bike	Side Plank R	Bike	Single Leg Stance L	Bike	2 min