



# Burn: Cardio Cross-Training: Level 1

Anytime Workouts

1 set  
per tripleset

60 secs  
rest between sets

30min

186cal



## Burn

This workout is a circuit of triple sets. Reps are indicated for each exercise. Complete the 3 exercises in each triple set one after another, and then rest for 60 seconds before moving on to the next triple set.

Burn combines Cardio Cross-Training and Cardio Intervals, each with three separate levels to provide you with greater diversity in your cardio workouts.

These workouts do not require gym equipment and can be performed anytime and anywhere. Each level is a circuit of multiple supersets of 3 or 4 separate exercises.

### Crunch

Abs



1 - Lie on your back with your knees bent and feet flat, place your hands to the sides of your head.

2 - Lift your head and shoulders off the floor, keeping your feet flat.

• Do not pull your head up with your hands.

• Lower your head and shoulders and repeat.

# REPS WEIGHT TIME NOTES

1 15

1 set

per tripleset

60 secs

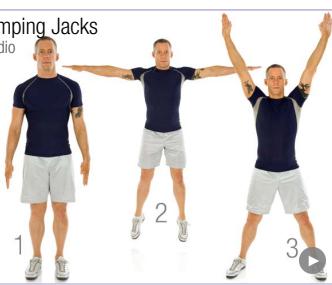
rest between sets

## Set 1

Get ready to perform Set 1.

### Jumping Jacks

Cardio



1 - Stand upright with your feet together and your arms by your sides.

2 - Jump up, splitting your feet out to the sides.

3 - Simultaneously swing your arms up to the sides in an arc over your head.

• Reverse the direction of the movement.

# REPS WEIGHT TIME NOTES

1 50

### Split Squat

Legs



1 - Stand upright with your feet split front to back with your hands at your sides.

2 - Lower your body toward the floor, bending at the hips and knees and leaning your torso slightly forward with your weight on the front leg.

3 - Push off the front foot to return to start position.

• Complete all reps on one side before switching to the other side.

# REPS WEIGHT TIME NOTES

1 15

### Reverse Crunch

Abs



1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.

2 - Bring your knees into your chest with your legs bent, slightly rounding your lower back at the top position.

• Slowly lower your legs with your knees still bent to tap your heels on the floor and repeat.

# REPS WEIGHT TIME NOTES

1 15

1 set

per tripleset

60 secs

rest between sets

## Set 2

Get ready to perform Set 2.

### Toe Taps

Cardio



1 - Stand upright with one foot on a bench and the other foot on the floor with your hands at your sides.

2 - Rapidly change feet alternating between touching the bench and floor in a running motion.

# REPS WEIGHT TIME NOTES

1 50

### Push Up

Chest



1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.

2 - Push up to a straight arm position.

• Lower your body back to the start position and repeat.

• Keep your back flat and your hips in line with your shoulders throughout.

# REPS WEIGHT TIME NOTES

1 15

### High Knees

Cardio



1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.

2 - Bring your knees into your chest with your legs bent, slightly rounding your lower back at the top position.

• Slowly lower your legs with your knees still bent to tap your heels on the floor and repeat.

# REPS WEIGHT TIME NOTES

1 15

1 set

per tripleset

60 secs

rest between sets

## Set 3

Get ready to perform Set 3.

### Step Up

Legs



1 - Stand upright with one foot on a bench and your arms at your sides.

2 - Step up onto the bench by pushing down on your front foot.

• Step down onto the back foot and then repeat.

• Complete all reps on one side before switching to the other side.

# REPS WEIGHT TIME NOTES

1 15



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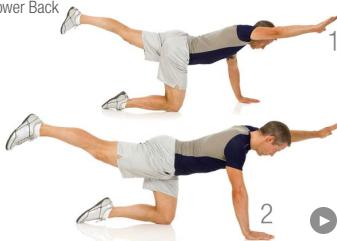
186cal



Michael Macchioni

## Quad Superman

Lower Back



- Begin on all fours with both knees and hands on the floor.
- 1 - Raise one arm and the opposite leg straight up to shoulder height.
- 2 - Slowly lower your arm and leg and repeat with the other arm and leg.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

# REPS WEIGHT TIME NOTES

1 15

## Bench Dip

Triceps



- 1 - Place your palms on a bench behind you and your heels on the floor with your legs and arms straight.
- 2 - Lower your body toward the floor, bending at the elbows.
- 3 - Push up through your palms to return to the start position.

# REPS WEIGHT TIME NOTES

1 15

## Bicycle Crunch

Abs



- Lie on your back with your legs straight and your hands to the sides of your head.
- 1 - Raise your head and shoulders, bringing one knee towards your chest and the opposite elbow to this knee, twisting your torso.
- 2 - Lower your upper body and leg to the floor and repeat to the opposite side, using your other leg.

# REPS WEIGHT TIME NOTES

1 15

## Set 4

Get ready to perform Set 4.

## Front Jumping Jacks

Cardio



- Stand upright with your feet together and your arms by your sides.
- 1 - Jump up, splitting your feet front to back and simultaneously swinging one arm up in front to shoulder height and the other arm back behind.
- 2 - Reverse the direction of the movement.

# REPS WEIGHT TIME NOTES

1 50

## Push Up

Chest



- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
- 2 - Push up to a straight arm position.
- Lower your body back to the start position and repeat.
- Keep your back flat and your hips in line with your shoulders throughout.

# REPS WEIGHT TIME NOTES

1 15

## Set 5

Get ready to perform Set 5.

## Mountain Climber

Cardio



- 1 - Support your body on your toes and hands with one knee bent and drawn up into your chest and the other leg straight out behind.
- 2 - Alternate jumping your feet in and out, bringing your knees into your chest each time and keeping your hands on the floor.

# REPS WEIGHT TIME NOTES

1 50

## Reverse Lunge

Legs



- 1 - Stand upright with your arms by your sides.
- 2 - Take a step backward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.
- 3 - Push off your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.

# REPS WEIGHT TIME NOTES

1 15