

Bands

Alternate between 30 seconds of work and 30 seconds of rest for each move.

	Exercise	Work	Rest
1	Stationary Running	30s	30s
2	Leaning Vertical Jumps	30s	30s
3	Shuffle Left	30s	30s
4	Shuffle Right	30s	30s
5	Backpedal Left	30s	30s
6	Backpedal Right	30s	30s

That's 1 round that takes 6 minutes to complete.

Perform up to 5 total rounds for a 30-minute workout.

