

Heart disease **kills more men and women** in our country than anything and is responsible for 1 of 4 deaths.

IT'S TIME TO FIGHT BACK

30-DAY CARDIO CHALLENGE

DO THESE EXERCISES	FOR THIS WORK INTERVAL	WITH THIS RECOVERY
BURPEES	WEEK 1 > 30 SEC	WEEK 1 > 15 SEC
BICYCLE CRUNCH	WEEK 2 > 45 SEC	WEEK 2 > 20 SEC
JUMP SQUATS	WEEK 3 > 60 SEC	WEEK 3 > 30 SEC
SKI JUMPS	WEEK 4 > 75 SEC	WEEK 4 > 40 SEC
MOUNTAIN CLIMBERS		

A STRONG HEART IS A HEALTHY HEART

Adjust times/recovery based on your fitness level

Add these cardio intervals to the end of your exercise routine 4-7 times/week

Always talk to your doctor before starting any intense exercise routine

WE CAN DO THIS!

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