



# PROJECT: GET IT DONE TOGETHER

## Cardio blast 100 workout

Elevate your heartrate, burn off extra energy with the fun and simple moves. Complete all 10 exercises, 10x each for a total of 100 MOVES, take a break and repeat to see if you can get to 200, 300 or even more!

1. Jumping Jacks
2. High Knees
3. Butt Kicks
4. Mountain Climbers
5. Scissor Jumps
6. Jump Rope
7. Side to side jumps
8. Hop on one leg
9. Hop on the other leg
10. Plank Jacks