

Bodyweight Cardio Workout

BENEFITS PERSONAL TRAINING PARTNERED WITH **I CHALLENGE DIABETES**

VIDEO WORKOUT SUPPORTING GUIDE

This guide was created as a supporting resource for a pre-recorded, follow-along workout. **Make sure to check it out here: <https://youtu.be/lupndSKML90>**

WARM UP

Complete each warm up exercise for 45 seconds, with 10 seconds transition time, for 2 rounds total.



INCHWORMS WITH DOWNWARD DOG

HIP ROUNDS

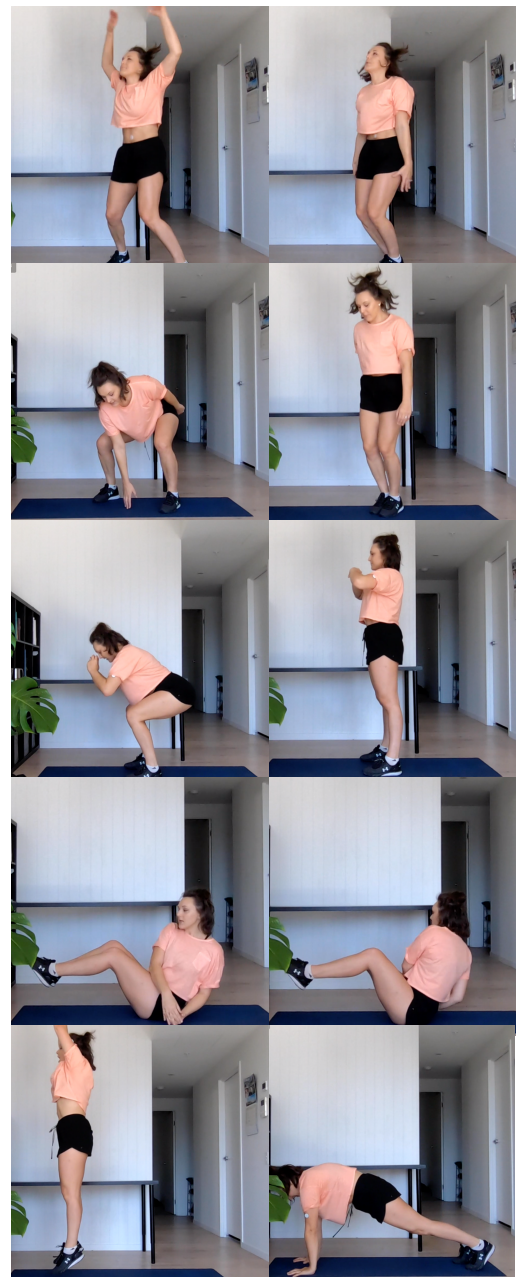
SHOULDER ROUNDS

WORK

Complete exercises in circuits (5 exercises, back to back). Complete each exercise for 45 seconds, with 10 seconds transition time, for 2 rounds total, Rest for 1-2 minutes after you have completed all of your rounds before moving on.

CIRCUIT ONE:

***Jumping Jacks
In and Out Jumps
Bodyweight Squats
Russian Twists
Burpees***





CIRCUIT TWO:
Jumping Jacks
High Knees
Side Lunge to Knee Raise
Leg Raises
Plank to Low Squat



COOL DOWN Hold each stretch for at least 30 seconds.

HIP FLEXOR STRETCH

**HAMSTRING
STRETCH**

**DOWNWARD DOG CALF
STRETCH**

ABDOMINAL STRETCH



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Hey, I'm Jenn! How wonderful to meet you!

In case we're crossing paths for the first time...

My name is Jenn, I'm a Type 1 Diabetic, Canadian, who loves travel, photography, good vibes, and great naps. I am the fitness, nutrition & wellness coach behind BENEFITS Personal Training.

I'll try and keep things short here.

Encouraging people to pursue their best selves is at the heart of everything I do. It's my joy to provide the knowledge, accountability, and support that you need to discover a healthy lifestyle that is nurturing, sustainable, encouraging and empowering.

I've been in business since 2013 helping people become the best version of themselves through personal fitness training, outdoor group training, and online fitness & nutrition coaching.

DISCLAIMER

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