

# SAVAGE WELLNESS

LIVE HEALTHY, BE HAPPY

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## S.Well Cardio Strength Workout

Do each of the following exercises for a minute. Let the timer run, rest as needed during that minute by try to push through. Give yourself only 10 seconds to get to the next exercise. Rest only when you get to the end of all 10 exercises. Repeat 3 times for a GREAT workout. Twice is also awesome:

1. **Squat jumps** Abs engaged! Touch the ground if you can. If you need a break, take the jump out and just reach up until you catch your breath, then start back up with the jumps again.
2. **Speed skaters** Keep the back flat, chest open and abs pulled in! Jump side to side from one foot to the other. Like you're jumping back and forth over a small stream or something.
3. **Sumo squat punches** Keep the belly pulled in and spine neutral (do not tuck or arch the hips/back). Keep knees over the toes, not collapsing inward.
4. **Step ups with overhead press** Choose a 5-8 lb weight. keep belly in and chest open. Stay on one side for a minute, then switch to the other side for a minute.
5. **Squat Thrusters** (Start in Plank and jump the feet in and back out - when you get tired you can step, but try to remember to alternate legs) - Make sure abs are engaged, back is flat and chest is open (not collapsed in)
6. **Curtsey lunge with crunch** (stay on one side and add the side crunch (pic 2) when you stand up). Do each side for one minute. Let me know if you need a video!
7. **Push ups** Stay on the knees so you can do it for a minute if you need and focus on good form. Shoulders down away from the ears.
8. **Plank jacks** Like a jumping jack but in a plank. Jump out and together. Hold the plank when you get tired or stretch into a down dog for a break.

Pics of above exercises:

Squat Jumps



Speed Skaters



Sumo Squat Punches



Squat Thrusters

Step Ups



## Curtsey Lunge with Side Crunch



## Push ups



## Plank Jacks

