

Upper Lower Full Body Cardio Mix Workout

Program Introduction:

This is a GREAT kick butt strength based cardio program! Basically I want you to focus on using weights (where applicable) that really push you. By the time you get to the final rep, it should feel like a challenge to complete.

Quick Notes:

For the Reverse Lunge w/ Rows - performing 1 side THEN the other is 1 full rep.

For the Lateral Bench Hop Over - each side gets 1 count.

For the Oppositional Ab Reach Crunch - each side gets 1 count.

For the Mountain Climbers - performing 1 side THEN the other is 1 full rep.

Perform one full set of each of the exercises in the circuit - taking minimal rest between each. When you get to the final exercise, you can take up to 90s off. Then repeat the entire circuit for 2 more sets (and a total of 3 sets performed). Do this for both circuits below.

Before beginning this program you must read the following Disclaimer and Terms of Use. You acknowledge that you follow this workout - or any other workout on our site - at your own risk, and that you have consulted with your physician regarding your participation in this program. You also acknowledge that RoxStar Fitness, LLC is not liable for any injuries that you may incur.

Warm Up: Before you begin this workout you're going to definitely want to do about 5-10 mins of easy cardio to get the blood flowing and your body ready to train. You can also follow with foam rolling any areas of your body that are tight or sore. Once you do this, you're ready to begin.

Exercise Name	Reps	Sets	Weight and Notes	Tempo	Rest
Conditioning Cardio Circuit - Perform 3 Full Sets					
Plyo Push Up	6-10	1	BW	Explosive	NO REST
Power Dumbbell Bent Over Rows	12-15r	1	Moderate/Heavy	Fast Paced	NO REST
Lateral Hop Overs	20r	1	BW	Fast Paced	NO REST
Oppositional Reach Ab Crunch	15-20r	1	BW	Your Own Tempo	60-90s
Strength Conditioning Circuit - Perform 3 Full Sets					
SB DB Chest Press	20r	1	Moderate/Heavy	2/1/2	NO REST

Exercise Name	Reps	Sets	Weight and Notes	Tempo	Rest
SB Prone DB Cobra	20r	1	Moderate/Light	2/1/2	NO REST
SB Reverse Crunch	20r	1	BW	Your Own Tempo	NO REST
Mountain Climbers	20r	1	BW	Fast Paced	60-90s

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TERMS AND REFERENCE

We suggest you refer to [Bodybuilding.com's amazing exercise database for full video tutorials](http://www.bodybuilding.com/exercises/). That can be found here: <http://www.bodybuilding.com/exercises/>

**** AMRAP - As many reps as possible**

**** Super Set - perform one set of each of the exercises back to back with no rest in between, you may rest as notated below after the second exercise**

**** Giant Set - perform one set of each of the exercises back to back with no rest in between, this is basically like a circuit; rest only after the final exercise as notated.**

**** Straight Set - perform the first set, rest, then perform the next set, rest, and repeat until you reach the final set. This is not performed as the circuit type of work above.**

**** BB = Barbell, DB = Dumbbell, KB = Kettlebell, RB = Resistance Band, SB = Stability Ball, SA = Single Arm, SL = Single Leg, BO = Bent Over**

**** Tempo = Eccentric (Returning to start)/Hold at the bottom of the motion/Concentric (Starting the motion)/Hold at the top of the motion. Example: Squat 2/0/2/0 2 to lower into the squat, no hold at the bottom, 2 to stand up, no hold at the top.**