

Marine Miguel's Cardio Core Workout

- Run 1 Minute at 6.5
- Run 1 Minute at 6.0
- Run 1 Minute at 7.0
- 15 Stability Ball Leg Raises
- 15 Stability Ball Jack Knives
- 15 Stability Ball Torso Twists
- Spell MARINE MIGUEL with your forearms on ball

****Repeat 3 times***

For Advanced Levels

Perform above workout and then:

- Run 1 Minute at 6.5
- Run 1 Minute at 6.0
- Run 1 Minute at 7.0
- 15 Spiderman Push-Ups
- 15 Mountain Climber Pikes

****Repeat 3 times***

www.NobodyEverDrownedinSweat.com

www.MiguelsBootCamp.com