



# TRACKWORK

MAY 2022 – CARDIO KILLER

## WARM UP

- 2 Laps

## WORKOUT

- 20 Jumping Jacks
- 50 Mountain Climbers
- Sprint the Length of the Track & Jog the Width
- 20 Push-ups
- 20 Vertical Jumps

- Sprint the Length of the Track & Jog the Width
- 15 Burpees
- 50 Mountain Climbers
- Sprint the Length of the Track & Jog the Width
- 20 Push-ups
- 20 Squat Jumps

*Repeat 4 times*

*Please make sure to finish with your own cool down & stretch!*

Please feel free to ask the fitness desk staff for assistance at any time!  
We are happy to help!

