



Royally Fit: Strength Cardio Jam

Strength Cardio Jam

This workout goes fast, its furious and lots of fun. It may be easier to do or watch the first little bit to get the groove as it's a little hard to explain but I will do my best. You'll feel like a rockstar at the end and it will only take

What you will need:

- Just your sexy self, an Ugi or 1 heavy weight

Warm-Up:

- 90 seconds of jump rope + 1 minute of squat with arm circles

Workout: 100 second drop down to 20 seconds – however in between each strength set we will be doing 100 seconds of cardio, example 100 seconds cardio, 90 seconds strength, 100 seconds cardio, 80 seconds strength etc.

- **100 Seconds: Jumping Jacks or Salt and Pepper** – Do your jacks however your body likes to do them: step outs, running on the spot, regular. Just keep moving those arms and legs. As for the salt and pepper step back with one foot and bring one arm out in front of you. Jump and switch your legs and arms at the same time. Don't think too much about it, it doesn't have to look pretty. It may be easier to watch this one. You can switch between these each set or half way through the set.
- **90 seconds & 80 seconds: Alternating Back Lunge with a Knee Up Twist**– Holding the weight at your chest (or over your head) lunge back with one leg. As you stand up bring that knee up into a high knee and twist your body over your lifted leg. Bring that leg down and lunge back with your other foot and repeat. If alternating confuses you or throws off your coordination switch half way through the set.
Modification: you can also do this as a squat and do the same leg lift and twist.
- **70 seconds & 60 seconds: Figure 8's in Squat**– Grab your weight and get into a wide squat. With the weight at your chest weave your weight side to side in a figure 8 motion being sure to bring your one hand up and over your other hand as you flip the weight. Press down with your top hand and resist with your bottom hand to really target your chest and biceps.
Modification: You can also do bicep curls here.
- **50 seconds & 40 seconds: Squat and Press**– Grab your weight and get into a squat with the weight at your chest. Stand up quickly and press the weight over top of your head. As you lower back down into a squat touch the ball down to the ground. Be sure not to curl your back too much as you lower down or drop your chest. If you can't touch the ground with the ball with a straight back then skip this step.
Modification: Don't stress your shoulders out drop your ball and continue with your squat but instead of a press add in your lat pull down/retraction. Bringing your arms up into a wide V pretend you are pulling down a bar pinching through your back and shoulder blades. As you raise your arms back up fight a resistance.
- **30 seconds & 20 seconds: Burpee** – You know the drill. Jump it up, jump in to plank, jump your legs back in then jump it up to repeat. You can also step it out and in for this as well.

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

High Fives For Sweaxy Time!
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