

# FIT CHICKS®

## "Cardio Crush"

### WORKOUT

**This workout is an intense cardio workout that will leave you dripping with sweat after ten minutes!**

**You will do 60 seconds of each exercise, then 45 seconds, then 30. Rest for 30 seconds between each round!**

**Exercise 1: Pop Squats**

**Exercise 2: Mountain Climbers**

**Exercise 3: Burpees**

*Choose your intensity!*

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**Level 1 - Do air squats and step out burpees**

**Level 2 - Do workout as is**

**Level 3 - Hold a dumbbell for pop squats and add a push up to the burpees!**

[www.fitchicks.ca](http://www.fitchicks.ca)

