

# FIT CHICKS®

*"2 + 2 Hit"*

## WORKOUT

In this workout you will do two one minute cardio moves, then two strength moves and repeat twice for a total of 8 minutes!

**Cardio: 1 minute burpees**

**Cardio: 1 minute fast feet**

**Strength: 1 minute sumo squats**

**Strength: 1 minute overhead press**

**Repeat!**

*Choose your intensity!*

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**Level 1 - Use 3-5 pound weights**

**Level 2 - Use 8 - 10 pound weights**

**Level 3 - Use 15-20 pound weights**

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