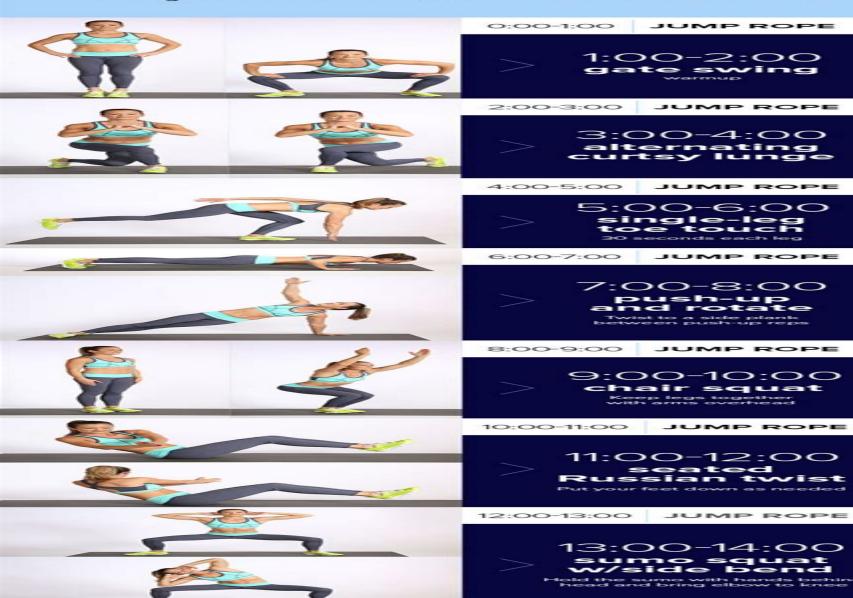
#### POPSUGAR 30-MINUTE SHAPE-UP SESSION CARDIO AND STRENGTH TRAINING MASHUP

Perform each exercise for a minute. Do this workout twice through, taking a minute break between each 15-minute set if needed.



0:00-1:00 JUMP ROPE 1:00-2:00 gate swing

3:00-4:00 alternating curtsy lunge

2:00-3:00 JUMP ROPE

5:00-6:00 single-leg toe touch 30 seconds each leg

4:00-5:00 JUMP ROPE

7:00-8:00 push-up and rotate Twist to a side plank between push-up reps

8:00-9:00

6:00-7:00 JUMP ROPE

9:00-10:00 chair squat Keep legs together with arms overhead

JUMP ROPE

11:00-12:00 seated Russian twist Put your feet down as needed

10:00-11:00 JUMP ROPE

13:00-14:00 sumo squat w/side bend Hold the sumo with hands behind head and bring elbow to knee

14:00-15:00 JUMP ROPE

# **Ten Minute Shape Up**

**K Morrison** 

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