

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
warmup

2:00-3:00 | JUMP ROPE

3:00-4:00
**alternating
curtsy lunge**

4:00-5:00 | JUMP ROPE

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

6:00-7:00 | JUMP ROPE

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

8:00-9:00 | JUMP ROPE

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

10:00-11:00 | JUMP ROPE

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

12:00-13:00 | 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

REPEAT

Ten Minute Shape Up

Joacim Rocklöv



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