**Cadets Work Out Session - week 2**

**Try this out before our interactive zoom session planned this week ( TBC)**

2x10min amrap (as many rounds as possible)   
1st:  
10 jumping lunges (5 each leg)   
15 tricep dips  
20 squat jumps   
5 push ups  
  
2nd:  
15 burpees  
10 commandos   
15 jumping jacks   
20 inside mountain climbers   
  
Core:  
3x  
40 flutter kicks  
30 bicycle crunch  
20 heel taps  
10 crunches  
  
Any questions email me on [wokingsc.kerry@gmail.com](mailto:wokingsc.kerry@gmail.com)