**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