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