

# CARDIO + CORE



## *workout guide*

6 CARDIO WORKOUTS  
+ 6 CORE WORKOUTS

NO EQUIPMENT REQUIRED

LOW-IMPACT & HIGH-IMPACT  
EXERCISES AVAILABLE!

WARM-UP & COOL-DOWNS INCLUDED

COMPLETE EXERCISE LIBRARY  
(150+ EXERCISE VIDEOS)

10+ WORKOUTS  
FOR INCREASED  
**SPEED, STAMINA,  
AND STABILITY!**

# DISCLAIMER

By participating in this workout guide, you acknowledge that you understand that all physical activities involve a risk of injury and even death and that you are voluntarily participating in these activities. You hold yourself responsible for any injury caused by participating in this workout program or partaking in any physical activity found in this Cardio + Core Workout Guide. You are responsible for any and all injuries and any other possible health or non-health-related issues that may arise.

You understand that exercise involves certain risks, including but not limited to, severe neck and spinal injuries resulting in complete or partial paralysis, heart attack, stroke, or even death. Also, injuries could occur to bones, joints, or muscles. Slips, falls, and unintended loss of balance could result in muscular, neurological, orthopedic, or other bodily injuries. You understand that part of the risk involved in undertaking any activity or program is relative to your own state of fitness or health (physical, mental, or emotional) and to the awareness, care, and skill that you conduct yourself in that activity or program.

You acknowledge that you have either had a physical exam and have been given your physician's permission to participate or you have decided to participate without the approval of your physician.

You hereby agree to expressly assume and accept any and all risk of injury, illness, and death arising from your participation in any exercise from this Workout Guide. You also fully understand that you will not be refunded any money whether or not you accomplish your weight loss and/or fitness goals.

You hereby release The Bariatric Trainer from any liability now or in the future including but not limited to heart attacks, muscle strains, broken bones, shin splints, back injuries, allergic reactions, or soreness, occurring during or after your participation in this Cardio + Core Workout Guide.



This workout comes from my Cardio + Core Workout Guide! I've also included a Core workout from the guide! :) See the next page.

Click [this link](#) to access the complete Cardio + Core Workout Guide which includes 6 cardio workouts + 6 core workouts that you can learn and complete in your own time!

## CARDIO WORKOUT #6

### \*Warm-Up Circuit

### \*20-Minute AMRAP (As Many Rounds As Possible)

Complete the circuit below as many times as you can in 20 minutes.

- 20 reps [Jumping Jacks](#)
  - *Modified:* [Low Impact Jacks](#)
- 20 reps [Skiers](#)
- 20 reps [Step Jumps](#)
  - *Modified:* [Step + Reach](#)
- 10 reps (each side) [Side Kick + Front Kick Combo](#)
- 10 reps [Double Punch Combo](#)
  - 2 punches = 1 rep
- 20 reps [Step Touch Shuffle](#)
  - *Modified:* [Step Touches + Front Punches](#)
- 10 reps [Hands Up High Knee/Butt Kick Combo](#)
  - 2 high knees + 2 butt kicks = 1 rep
- 20 seconds [Sprint in Place](#)
  - *Modified:* [March in Place](#) or [Jog in Place](#)

### \*Cool-Down Circuit

# CORE WORKOUT #1

## \*Warm-Up Circuit

### \*Repeat the circuit below 3-4 times.

- 10-20 reps [Squat + High Knee Twist](#)
- 10-20 reps [High Plank Shoulder Taps](#)
  - *Modified Version:* [Elevated High Plank Shoulder Taps](#) or [Modified Plank Shoulder Taps](#)
- 10-15 reps (each side) [Cross Crunch + Cross Kick](#)
- 20 reps (each side) [Single Leg High Knee](#)
  - *Modified:* [Supported Single Leg High Knee](#)
- 20-30 reps [Hands Up Side Bends](#)

## \*Cool-Down Circuit

IT IS VITAL THAT AT EVERY STAGE OF YOUR FITNESS JOURNEY, YOU LISTEN TO YOUR BODY, DO ONLY WHAT YOU CAN DO, RESPECT YOUR LIMITATIONS, AND MODIFY ALL WORKOUTS WHEREVER NECESSARY.



[Click here to download the complete  
Cardio + Core Workout Guide!](#)