

GIANT CARDIO WORKOUT

TREADMILL AND ROWER

5-4-3-2-1 TIME DURATION (MIN)

2 SETS

1

SET 1

5-Minute Run

4-Minute Row

3-Minute Run

2-Minute Row

1-Minute Run

2

SET 2

5-Minute Run

4-Minute Row

3-Minute Run

2-Minute Row

1-Minute Run