

# TOTAL BODY STRENGTH AND CARDIO WORKOUT

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Workout courtesy of Mark Arrington, CPT and Owner of [Anytime Fitness in Madison, VA](#)

Warm-Up for 8-10 minutes.

**CIRCUIT 1:** Complete one round of each exercise. Repeat circuit for a total of 3 rounds before moving on to the next circuit.

- [Kettlebell Turkish Get-Ups](#) (1 rep per side)
- [Rack Push-Ups](#) (20 reps)
- [TRX Jack Knife](#) (10 reps)

**CIRCUIT 2:** Complete one round of each exercise. Repeat circuit for a total of 3 rounds before moving on to the next circuit.

- [TRX Rip Trainer Hockey Slapshot](#) (10 reps per side)
- [Kettlebell High Knee Step-Ups](#) (10 reps per side)
- [Ultimate Sandbag Power Cleans](#) (10 reps)

**CIRCUIT 3:** Complete one round of each exercise. Repeat circuit for a total of 3 rounds before moving on to the cool down.

- [Barbell Bicep Curls](#) (10 reps)
- [Strength Band Assisted Dips](#) (10 reps – or until failure)

Cooldown.