

AIMEE VICTORIA LONG

# WORKOUT THREE

## Warm Up

5 Minute Jog or Bike

15 minute Cardio

Incline 6, Speed 10

30 -60 seconds work, 30-60 seconds rest

MOVE



MODIFICATION

Increase/ Decrease the speed/incline

## Challenge Week

21 - 18 - 15 - 12 - 9 - 6 - 3 reps of each

### Kettlebell Swings



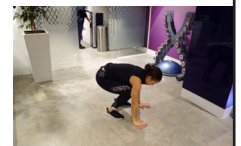
Increase/ decrease the weight, with both the goblet squats and kettlebell swings watch your lower back. Ensure you brace your core.

### Goblet Squats



Burpees - either add or leave out the press-up and tuck jump

### Chest to Floor Burpees



## Cardio

Incline sprints 10%

20 seconds 100% effort

40 seconds rest

Repeat 15 times



Increase/ Decrease the speed/incline

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