

# PACT MMA Cardio Workout #1

1 Minute Rounds

1. **Heel Kickers**
2. *Donkey Kicks*
3. **Ladder Combos (1-4) + Burpee**
4. *Mountain Climbers*
5. **Side Bounds**
6. *Crunches*
7. **Knee Ups**
8. *Twisters*
9. **Ladder Combos (1-4) + Burpee**
10. *Monkey Sprawls*
11. **Body Ladder Combos (1-4) + Sprawl**
12. *Leg Lifts*
13. **Toe Touches**
14. *Sprawling Planks (3 Count)*
15. **Ladder Combos (1-4) + Burpee**

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16. *Alt. High/Low Hand Planks*
17. **Jumping Split Lunges**
18. *Hip Rockers*
19. **Alt. Head Knees**
20. *Superman Planks*
21. **Ladder Combos (1-4) + Burpee**
22. *Alt. Hand to Sky Planks*
23. **Alt. Level Wheel Kicks**
24. *Triangle Sit-ups*
25. **Plyo - Square**
26. *Crab Rolls*
27. **Ladder Combos (1-4) + Burpee**
28. *Monkey Sprawls*
29. **Body Ladder Combos (1-4) + Sprawl**
30. *Bicycles*