

Jillian Michaels 30 day shred-level 2- 20 min total

2 min strength, 2 min cardio, 1 min abs

Med set of wts

Walkout pushups (:30)

Squat row (:30)

Repeat

Plank thrust (:30)

High knees (:30)

Repeat

Low plank hold- knee drop and extend (1 min)

Stationary lunge w row (:30)

Pendulum lunges w hammer curl on down (:30)

Repeat

Oblique twist (:30)

Skates (:30)

Repeat

Double leg raise w weights overhead (1 min)

Shoulder press w single leg ext (:30)

Squats w frontal raise on down (:30)

Repeat

Plank Jacks (:30)

Double jump rope (:30)

Repeat

Plank Twist (1 min)