

With workout number 2 of 3, we're going to have an interval. But not one of those intervals where you can rest, no way! This workout is purely interval training!

**Cardio - Running**



**10 min**

Spend 2 minutes building up your pace, and then sprint for 10 seconds at the end of every minute.

**Inchworms**

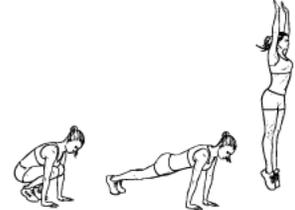


**1:30**  
rest

**3 sets 10 reps 30 sec rest**

Work on these, they will get better every week. Patience is a virtue.

**Burpees**



**0:45**  
rest

**20 reps**

Complete these as fast as you can with minimal rest!

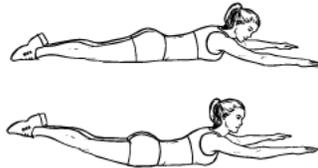
**Cardio - Stairmaster**



**8 min**

A small interval here, find your 'working' pace (slightly heavy breathing) and stick with it for 6 minutes.

**Supermans**



**1:30**  
rest

**3 sets 10 reps 30 sec rest**

Flex that lower back and catch your breath. You're about to jump into the ring.

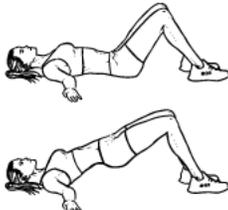
**Cardio - Stationary Bike**



**6 min**

Spend the first 2 minutes building up your pace. Then gradually increase that pace every 30 seconds until the end!

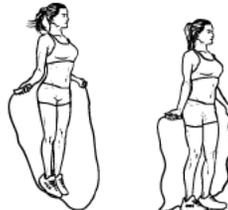
**Hip Raises**



**3 sets 16 reps 30 sec rest**

Our last 'low-intensity' exercise before the big final push!

**Jump rope**



**0:45**  
rest

**300 secs**

This is 5-minutes of pure skipping! Get as many as you can, with minimal rest, in 5 minutes.