

**Workout : Eureka**

**Core and intense cardio**

**13 minutes per round, Perform 1-3 rounds**

**Alternate between Undulation and Plank**

- 40 seconds of rope undulation
- 10 seconds to change position
- 40 seconds of active recovery while maintaining various plank positions
- 10 seconds to get back into rope undulation position

Rope Undulation

Alternating Lunge  
Squat  
Right Lunge  
Burpee-to-10 small undulations  
Left Lunge  
Burpee-to-10 big undulations  
Alternating Jump Lunge  
Static Half Squat

Plank Position

Straight Arm Plank  
Forearms  
Right Side Plank  
Left Side Plank  
Walking Plank  
Ride Side Plank with Crunch  
Left Side Plank with Crunch  
Rocking Plank