

Workout #3 : Venice
15 minutes
Explosive Cardio

Set Gym boss for 4 rounds of 10 seconds on and 10 seconds off. Ignore the 1st 10 seconds, and the second 10 is your count-in. Then:

- Go moderate for 10 seconds.
- Then when the bell chimes, go all out for 10 seconds.
- Back to moderate for 10 seconds
- All out for 10 seconds
- Moderate for 10 seconds
- All out for 10 seconds.

That is one 60 second set.

Rest 1-2 minutes, and repeat the full 1 minute set. Do a total of 5 sets. Complete workout (including rest) takes 15 minutes.