

# UFIT Workout 5

16 minute Cardio + Core  
(repeat as many times as you'd like)  
30 seconds on each move  
X2

Round 1:  
Running in place  
Plank jack  
30 seconds on each move  
X2

Round 2:  
Burpees  
Running plank

Round 3:  
High knee runners  
Side plank pulses

Round 4:  
Low lateral shuffle tap  
Bicycles

Round 5:  
Butt kickers  
Standing side oblique  
crunches

Round 6:  
Jumping jacks or star jacks  
Flutter kicks

Round 7:  
Squat jumps  
Russian twist

Round 8:  
Skiers  
High plank- drive knee to  
same elbow, opposite  
elbow, switch