

# 30 MINUTE ENDURANCE WORKOUT



**Workout written by CG Trainer [Gracia Wemhoner](#)**

Start each set with **ONE MINUTE** of cardio of your choice. Options include: run, jog, walk, jump rope, or any mat cardio combo. Count your reps the first time you do a weighted exercise and use that rep count for the remainder of the workout!

**[CLICK HERE FOR A QUICK WARM-UP VIDEO](#)**

<b>ROUND 1</b> <b>1:00 Cardio</b> 1:00 Weighted Squats (count)	<b>ROUND 2</b> <b>1:00 Cardio</b> 1:00 Bent Over Rows (count) Your # of Weighted Squats	<b>ROUND 3</b> <b>1:00 Cardio</b> 1:00 Weighted Lunges (count) Your # of Bent Over Rows Your # of Weighted Squats
<b>ROUND 4</b> <b>1:00 Cardio</b> 1:00 Chest Press (count) Your # Weighted Lunges Your # of Bent Over Rows Your # of Weighted Squats	<b>ROUND 5</b> <b>1:00 Cardio</b> 1:00 Romanian Dead Lifts (count) Your # of Chest Presses Your # Weighted Lunges Your # of Bent Over Rows Your # of Weighted Squats	<b>ROUND 6</b> <b>1:00 Cardio</b> Your # of Romanian Dead Lifts Your # of Chest Presses Your # Weighted Lunges Your # of Bent Over Rows
<b>ROUND 7</b> <b>1:00 Cardio</b> Your # of Romanian Dead Lifts Your # of Chest Presses Your # Weighted Lunges	<b>ROUND 8</b> <b>1:00 Cardio</b> Your # of Romanian Dead Lifts Your # of Chest Presses	<b>ROUND 9</b> <b>1:00 Cardio</b> Your # of Romanian Dead Lifts

**Have questions on the workout or movements? Message your Trainer in the CG app!**

