



# WORKOUT SCHEDULE

WITH LANCHANA GREEN

## MMA STYLE CARDIO

**10 x Sit Through**  
**10 x Get Ups to Squat Position**  
**4-6 Lengths x Bear Crawl**  
**20 x Down Blocks**  
**10 x Reverse Lunge & Push Kick**  
**10 x Combo Sprawl**

## PROGRESS NOTES

**Equipment: None.**  
**Rest Period: 1-2 minutes between rounds.**  
**Rounds: 4-6.**