**To Catch a Thief - Explosive Cardio Power**

27 min · Abs, Arms, Cardio, Legs

'Hey, stop that man!' are the words of a common citizen who's just had their personal belongings taken by some measly thief. But you are not a common citizen; no, you are different. This workout is designed to give you the fleeting power to make chase and take back what's yours.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Duration</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Knees</td>
<td>60 secs</td>
<td>This is an initial 60 second sprint. Try to go as fast as you can for the full 60. Catch him!</td>
</tr>
<tr>
<td>Cardio – Running</td>
<td>5 min</td>
<td>Everything's slowing down, you need to maintain his pace. Keep him in sight for the full 5 minutes.</td>
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<tr>
<td>Explosive Jumping Alternating Lunges</td>
<td>30 reps</td>
<td>That's a tough 30 reps per leg! That thief has nothing on you.</td>
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<tr>
<td>Bear Crawls</td>
<td>50 reps</td>
<td>50 complete steps, when that cowardly thug thought he could out crawl you beneath those trucks, he thought wrong.</td>
</tr>
<tr>
<td>Cardio – Running</td>
<td>5 min</td>
<td>Back to our 5-minute pace run. Make it a little faster than before, because you can.</td>
</tr>
<tr>
<td>Tuck Jumps</td>
<td>20 reps</td>
<td>Get these done quickly! Obstacles require skill and endurance to overcome. The one up is for you!</td>
</tr>
<tr>
<td>Butt Kicks</td>
<td>60 secs</td>
<td>Get as many of these out of the way in 60 seconds. Your butt isn't the only but you'll kick today...</td>
</tr>
<tr>
<td>Cardio – Running</td>
<td>5 min</td>
<td>Maintain pace for 4 minutes and 40 seconds all out. Catch that thief!</td>
</tr>
<tr>
<td>Front Kicks</td>
<td>1 reps</td>
<td>That's mine! Give him a boot and take back what's rightfully yours. You're a weapon.</td>
</tr>
</tbody>
</table>
High Knees / Front Knee Lifts / Run / Jog on the Spot

Primary muscle group(s):
Abs
Secondary:
Glutes & Hip Flexors

Begin jogging in place, lifting the knees as high as you can.
Try to lift your knees up to hip level but keep the core tight to support your back.
For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.
Bring the knees towards your hands instead of reaching the hands to the knees!

Cardio – Running / Jogging / Treadmill

Primary muscle group(s):
Quadriceps
Secondary:
Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.

Explosive Jumping Alternating Lunges

Primary muscle group(s):
Hamstrings, Quadriceps
Secondary:
Abs, Calves, Glutes & Hip Flexors

Stand straight with a tight core and your chest up.
You will be in a classic lunge position. Step forward and be sure to keep your front knee bent. At the same time, extend the back leg.
Your back knee should be slightly bent.
Place your hands on your hips. If you want a challenge, place them straight above the head.
Using all of your force, jump into the air. Simultaneously, switch your leg stance in midair.
Land in the lunge position and repeat.
**Bear Crawls**

Primary muscle group(s):
Abs, Shoulders

Secondary:
Calves, Forearms, Hamstrings, Quadriceps

Come to the ground, placing your knees below your hips and your hands below your shoulders. Elevate your hips up, extending your legs and arms. Keep the head in a neutral position.

Move the right hand forward as you simultaneously move the left foot forward. Afterwards, move the left hand and right foot forward.

Continue in this back and forth pattern, always moving the opposite hand and foot. Remember to brace the core throughout the movement.

**Cardio – Running / Jogging / Treadmill**

Primary muscle group(s):
Quadriceps

Secondary:
Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.

**Tuck Jumps**

Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Abs, Calves, Glutes & Hip Flexors

Place your feet at shoulder-width with your toes pointed slightly out. Brace your core and keep your chest up.

Bend first at the knees then at the hips. Lower yourself slightly to pre-engage the hamstring muscles. Now launch yourself up into the air.

At the same time, bring your knees up towards your chest in midair. Land on both feet with slightly bent knees. Move right into your next jump.
**Butt Kicks**

Primary muscle group(s):  
Hamstrings, Quadriceps

Secondary:  
Glutes & Hip Flexors

Standing tall with a tight core and flat back, you will begin the dynamic stretching exercise as if you were running in place. Keep the knees slightly bent at all times. Start slowly and work up to a faster speed.

Bring your left foot back and all the way up to the glutes. Return your left foot to the ground and repeat on the other side.

Continue this back and forth motion, keeping your arms swinging in motion.

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**Cardio - Running / Jogging / Treadmill**

Primary muscle group(s):  
Quadriceps

Secondary:  
Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.

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**Front Kicks**

Primary muscle group(s):  
Hamstrings, Quadriceps

Secondary:  
Abs, Calves, Glutes & Hip Flexors

Stand with a tight core and flat back. Stagger your feet just a little so that your left foot is in front and your right front is behind you.

Bend your elbows and bring your closed hands to your chin, mimicking a traditional boxing stance.

Begin by extending your right leg up, leading with your knee.

Next, extend your foot out. Immediately, retract it back to the starting position.

Repeat on the other side.