**Cardio Workout (approximately 40 minutes)**

Equipment: mat, timer

Music: Spotify (search “Nonstop aerobics”) or use any music mixed to 130-140 BPM

Format: Cardio at 75%-80% max effort

 15 exercises, 1 minute each, no recovery between exercises

 30 second break after 15 exercises

 15 exercises, 45 seconds each, no recovery between exercises

 30 second break after 15 exercises

 15 exercises, 30 seconds each, no recovery between exercises

 30 second break after 15 exercises

 15 exercises, 15 seconds each, no recovery between exercises

 30 second break after 15 exercises

1-Jump rope (move hands like you’re holding a jump rope) – low at first to warm up

2-Side to side lunges

 Keep hips and toes to the front, wide stance, knees behind toes, chest and chin up

 Reach opposite hand to inside of foot (reach L hand to R foot when stepping out

with R foot, making a windmill with your arms)

3-Happy feet wide (get feet up quickly and pump arms quickly)

4-Squat with toes front, round up to toes OR hop up while rounding up on toes

 Keep hips and toes to front, feet shoulder width apart, knees behind toes,

 chest and chin up

5-Squat jumps with tricep press backs

 Start with feet together, squat out with a hop with toes pointed slightly out

 Hop to bring feet back together

 Hinge at elbows and press arms back on the out and in motions

6-Skater hops

Modify skater hop by keeping back foot off ground, add single leg hop after lateral

leap

7-Chair squat hops in and out

 Start with feet together, squat out with a hop with toes staying forward

 Hop to bring feet back together

8-Jumps in a square

 Hips, knees and toes forward, knees slightly bent

 Hop forward, right, back, left

9-Scissor steps

10-Knee lift up and over

 Hinge at hip and swing leg up and over

 Add a hop to make it more intense

11-Calf hops with arms pushing front and back

 Start with feet shoulder width apart, slight bend in knees

 Round up on toes and do little hops, keeping heels off the ground

 Push arms front and back to add intensity

12-Squat + ham curl withbicep curls

 Start with feet wide and turned out

 Squat then step on the R foot, curling in the L leg to kick your butt

 Squat and repeat other side

 Do a bicep curl when you do the ham curl

13-Knee drives (30 seconds each side) witharm pull downs

 Plant the left foot, pushing weight through the heel

 Lift and lower right knee quickly, pulling arms down while lifting knee up

14-Plank walk

 Start in a high plank position on hands

 “Walk” by moving the right hand and right foot over at the same time, then bring the

left hand and foot in to meet the right side – go over 4, back 4, keep repeating

until time expires

15-Plank to push up

 Start in a high plank position on hands, keeping elbows close to sides

 Lower to push up, raise, hold 3 counts, repeat