

CARDIO WORKOUT

**5 MOVES.
60 SECONDS EACH.
REPEAT 3 TIMES.**

This workout will focus on improving your cardio.

What you will need:

1. Timer
2. Water
3. Skipping rope

Instructions:

1. Complete each move for 50 seconds, then take 10 seconds to rest.
2. After you have completed all five moves, repeat the series two more times.

ONE



1. Jog on the Spot

- Engage your core and gently jog in place for 50 seconds.

2. Jumping Jacks

- Stand tall with your feet together and hands at your sides.
- Gently jump and spread your legs and arms out wide.
- Jump and return to the starting position.

TWO



3. Mountain Climbers

- Start in a plank position with your hands under your shoulders and your body in a straight line.
- Lift your right leg and drive the knee toward your elbow.
- Return your right leg to its starting position as you simultaneously drive your left knee up toward your left elbow.
- Continue switching legs so that it feels like you're running in place in a plank position.

THREE



4. Jump Rope

- Jump over the skipping rope for 50 seconds.
- If you do not have a skipping rope, pretend you are holding the handles of a skipping rope in each hand and twirl your arms while jumping for 50 seconds.

FOUR



FIVE



5. Jump Squats

- Keep your feet shoulder-width apart.
- Sit back and down (imagining a chair).
- Lower your body until your thighs are parallel to the floor.
- Push through your heels to jump up off of the ground and return to the starting position.

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