



Cardio Circuit: Workout 1

Anytime Workouts

2 circuits

60 secs
per exercise

60 rest
between circuits

30min
264cal



Perform the exercises for 1 minute each in a circuit. Perform 2 full circuits, resting for 60 seconds at the end of each circuit.

Maximize your caloric burn with this workout that combines heart pumping cardio intervals with high intensity bodyweight exercises.

Equipment: Bodyweight

Jog Cardio



- Jog in an upright position swinging your arms by your sides.
- Concentrate on your stride length as well as your stride frequency.
- Your hands should swing up to about chest height in front and back down to your hip.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
2			60.0	

Run Cardio



- Run in an upright position, swinging your arms by your sides.
- Concentrate on both your stride length and your stride frequency.
- Your hand should swing up to about shoulder height in front and back down to your hip.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
2			60.0	

Jumping Jacks Cardio



- 1 - Stand upright with your feet together and your arms by your sides.
 - 2 - Jump up, splitting your feet out to the sides.
 - 3 - Simultaneously swing your arms up to the sides in an arc over your head.
- Reverse the direction of the movement.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
2			60.0	

Toe Taps Cardio



- 1 - Stand upright with one foot on a bench and the other foot on the floor with your hands at your sides.
- 2 - Rapidly change feet alternating between touching the bench and floor in a running motion.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
2			60.0	

Jump Rope Cardio



- Stand upright holding the handles with your arms by your sides and the rope behind you.
- 1 - Swing your arms straight back and up overhead, then down in front in a big circle.
- As the rope comes down in front, jump to allow it to clear your feet.

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Mountain Climber

Cardio



- 1 - Support your body on your toes and hands with one knee bent and drawn up into your chest and the other leg straight out behind.
- 2 - Alternate jumping your feet in and out, bringing your knees into your chest each time and keeping your hands on the floor.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
2			60.0	

Side to Side

Cardio



- 1 - Stand upright with one foot on a bench to one side and your arms by your sides.
 - 2 - Step both feet up onto the bench then one down the other side to the floor.
- Repeat back and forth up and over the bench, alternating with one foot on the bench and one on the floor.

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Cardio



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