



Home Cardio & Strength Workout

This workout has a difficulty level of moderate to advance. It can be done at home or in the gym. This is a great workout to incorporate active cardio movements while working on strengthening muscles throughout your entire body. This workout is completed for time, so you can take breaks when needed. Complete this workout in the future and compare times to track your progress! You can also repeat this circuit 2-3x for an extra challenge. Modify any exercises as need; just make sure you keep moving! Enjoy!

Warm up:

Spend 5-8 mins getting your body moving. Take a look at the exercises below and complete a few of these movements with a nice, easy and smooth movement pattern before getting started.

Start timer and complete the following exercises as fast as your body allows.

- 50 jumping jacks
- 15 push-ups
- 50 high knees

- 15 body weight squats
- 40 jumping jacks
- 15 hand walks (push-ups optional)
- 40 butt kicks
- 15 lunges (each leg)
- 30 jumping jacks
- 15 lying leg raises
- 30 high knees
- 15 donkey kicks (each leg, kneeling on all 4s)
- 20 jumping jacks
- 15 mountain climbers (each side)
- 20 butt kicks
- 15 hip bridges
- 10 jumping jacks
- 15 burpees
- 10 high knees

Cool down:

Spend 8-10 minutes bringing your heart rate down and stretching out all muscles.

