

ACTIVE AT HOME

10 Minute High Energy Cardio Workout

Equipment: Optional Skipping Rope

Warm up: X 2 Rounds

30 sec jumping jacks

30 sec butt kicks

30 sec high knees

30 sec shallow squats

4 min AS MANY REPS AS POSSIBLE (AMRAP)

20 Speed Skaters

10 Star Jumps

20 X-Country Skis

10 High Knees

10 Butt Kicks

3 min AS MANY REPS AS POSSIBLE (AMRAP)

30 Skips

20 Wall Jumps

10 Cross Squat Jacks

5 Ninja Jumps

2 min AS MANY REPS AS POSSIBLE (AMRAP)

20 Fast Feet

10 Burpees

20 Toe Taps

1 min AS MANY REPS AS POSSIBLE (AMRAP)

10 Mountain Climbers

10 Plank Jacks

Cool Down: 30 Sec per side

Calf stretch: Heel to floor, toe up on wall, lean into wall

Quad stretch: Cradle foot in same side hand, press hips forward, hold wall for balance

Hamstring Stretch: Forward fold, keep slight knee bend

Arm Stretch: Bring one arm across chest, press into extended forearm with opposite hand

Shoulder/Chest stretch: Clasp hands behind back or reach behind back and press down/away from body

Child's Pose: Kneel onto floor, knees wide, big toes touch, sit glutes toward heels, reach hands straight forward, let forehead rest on floor, relax head and arms

Remember to always exercise within your means. Modify or take breaks as needed!