

## **Build Your Own High-Intensity Cardio Workout**

### **Equipment Needed**

- Stopwatch
- Dumbbell (optional)

### **Warm-Up (5 minutes)**

Dynamic stretches followed by light cardio exercises to increase the heart rate.

### **Workout (20 minutes)**

Exercise 1 (30 seconds), 30 seconds rest into

Exercise 2 (30 seconds), 30 seconds rest into

Exercise 3 (30 seconds), 30 seconds rest into

Exercise 4 (30 seconds), 2 minutes rest

**Repeat x 3 (4 circuits in total)**

### **Exercises**

Scissor Run

Mountain Climbers

Fast Feet

T Burpees

Push Jerk

Crab Crawl

Lateral Hops

Suicides

High Knees

Toe Taps

Chest Taps

Punches with Duck

Switch Feet

Burpees

Predator Jacks

Hand Walkout

High Knee Shuffles

Burpee High Knees

### **Cool-Down (5 minutes)**

Deep breathing to reduce the heart rate followed by static stretches, holding each stretch for 15-20 seconds.