

High-Intensity Cardio Workout 1

Equipment Needed

- Stopwatch

Warm-Up (5 minutes)

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

Workout (20 minutes)

Scissor Run (30 seconds), 30 seconds rest into

Mountain Climbers (30 seconds), 30 seconds rest into

Fast Feet (30 seconds), 30 seconds rest into

Burpees (30 seconds), 2 minutes rest

Repeat x 3 (4 circuits in total)

Cool-Down (5 minutes)

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