

## **High-Intensity Cardio Workout 3**

### **Equipment Needed**

- Dumbbell
- Stopwatch

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

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

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

Toe Taps (30 seconds), 30 seconds rest into

Chest Taps (30 seconds), 30 seconds rest into

Switch 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.