

High-Intensity Cardio Workout 4

Equipment Needed

- Stopwatch

Warm-Up (5 minutes)

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

Workout (20 minutes)

T Burpees (30 seconds), 30 seconds rest into

Predator Jacks (30 seconds), 30 seconds rest into

Hand Walkout (30 seconds), 30 seconds rest into

High Knee Shuffles (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.