

High-Intensity Cardio Workout 5

Equipment Needed

- Stopwatch

Warm-Up (5 minutes)

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

Workout (20 minutes)

Crab Crawl (30 seconds), 30 seconds rest into

Switch Feet (30 seconds), 30 seconds rest into

Punches with Duck (30 seconds), 30 seconds rest into

Burpee High Knees (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.