

At-Home Cardio

Directions

Perform as many reps of each exercise as you can in 1 minute, taking breaks as needed. Take a 2-minute break after completing the first 10-minute set. Cool down with 5 minutes of stretching.

1. Side Shuffle With High-Knee Hold



2. Ali Shuffle



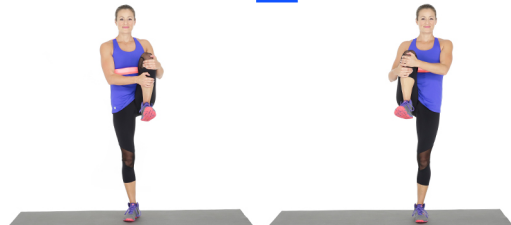
3. 180 Jump Squat



4. Jab and Bounce



5. Alternating Knee Hug



6. Alternating Lunge Jump



7. Invisible Jump Rope



8. Arm Circles



9. Bunny Hop



10. Kick Crunch

