

25-MINUTE

Cardio + Legs Workout

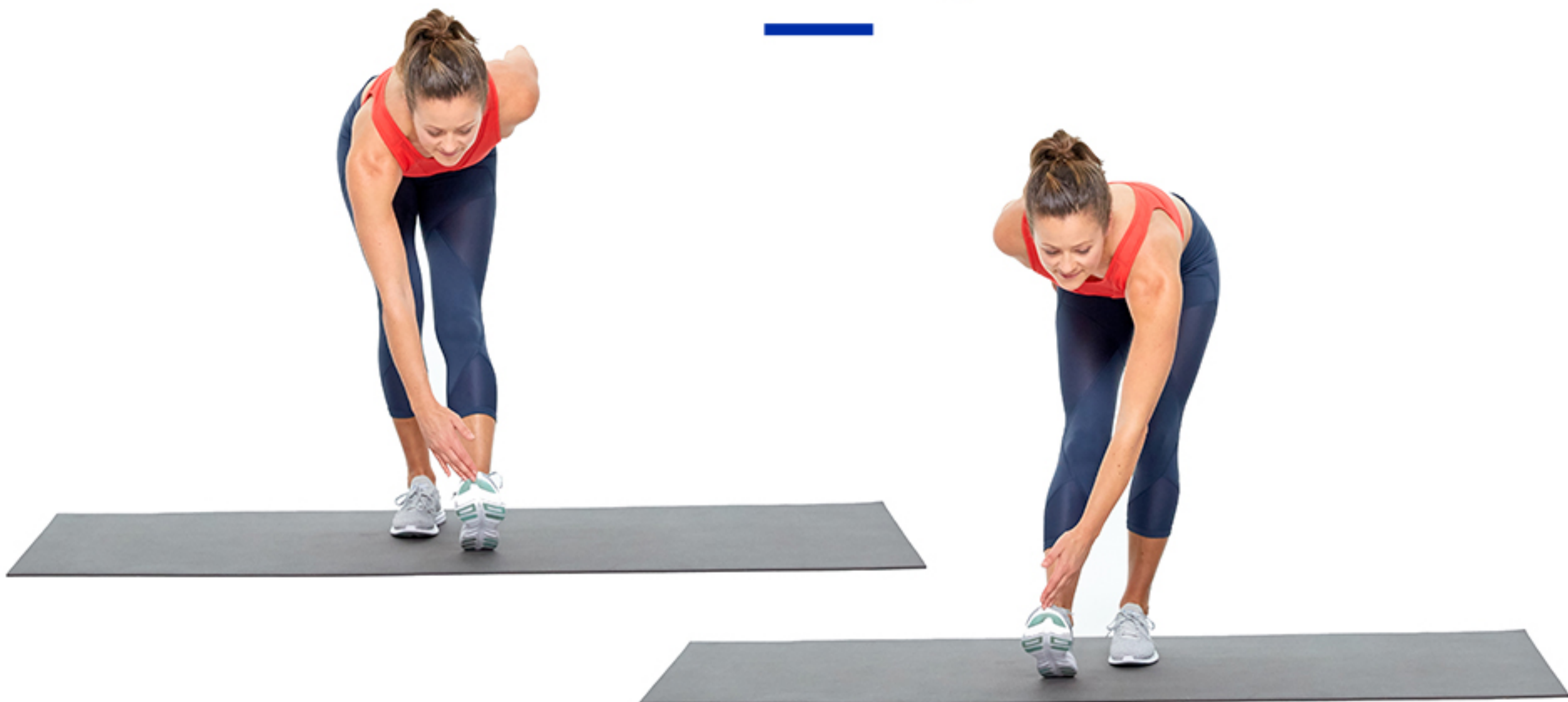
Warmup

Alternate running in place for 30 seconds with each of the following exercises

1.
Standing Knee Hug



2.
Active Hamstring Stretch



3.
Gate Swing With a Twist



4.
Alternating Reverse Lunge and Reach



5.
Plank With Alternating Arm Circles



Strength + Cardio Workout

Perform each exercise for a minute.
Repeat the 8-exercise sequence twice.

1. Good Morning



5. Lateral Shuffle With Touch Down



2. Squat Hop



6. Single-Leg Touch and Hop

30 seconds, each side



3. Split Lunge With Knee Taps

30 seconds, each side



7. Cross Jacks



4. Single-Leg Isometric Bridge

2 15-second holds on each side



8. Four-Square Running



Cooldown

Stretch for 4 minutes.