

# CARDIO AT HOME - ADVANCED

**No equipment at home? No problem! Did you know that your body is your best tool?**

## **1. Squat Jump**

Do a perfect squat. As you come up, jump up, extending legs fully and pushing arms down to help with your momentum. Land lightly on toes and immediately drop into a squat again. Holding hands behind head which helps to keep chest open and posture straight.

## **2. Plyometric Push-Up**

Master a perfect push-up before attempting this move. Do a perfect push-up, but as you push up, push even harder so that both hands come off the ground and you can clap hands together before landing in a high plank again. Plyometric moves are great for building strength and power.

## **3. Donkey Kick**

From a high plank position with core tight and hips level, jump feet up and kick butt with heels. Your weight should come forward onto hands, but shoulders should stay in line over wrists. Extend legs and land lightly on toes to return to starting position.

## **4. Lateral Jump**

Start with knees slightly bent and hips back. Shift weight to left foot then jump over an imaginary log, first with right foot, allowing the left foot to follow. Land lightly on right foot first then left foot. Reverse the move, starting with left foot, to return to starting position.

## **5. Jumping Lunges**

Master a basic lunge before progressing to this version. With right foot ahead of left foot and core tight, drop into a low lunge, bending both knees to 90 degrees. Now jump up, switching feet in mid-air so you land with left foot ahead of right foot and immediately drop into a low lunge on the other side.

## **6. Hops and Push-Up Combo**

Do 3 hops on one leg then 3 push-ups. That's 1 rep. Do 10 to 15 reps per side.

## **7. Squat Jump Hold**

Do 20 seconds of squat jumps followed by a 10-second squat hold. Repeat for 5 minutes.

## **8. Plank Jack Burpee**

Do 5 Plank Jacks as fast as you can, then with feet together jump into a standing position and then back in to Plank Jacks. Do this for 30 Seconds.

## **9. Spiderman Push-up**

As you go down to the floor in push-up position, bring one knee to your elbow. Repeat on the other side, alternating for 30 seconds.

## **10. Weighted Jump Squats**

Holding light weights Squat and jump for 30 Seconds.

**-REPEAT-**

