

CARDIO AT HOME - BEGINNER

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

1. Power Skip

Stand with feet hip width and core tight. Raise right knee up as you bring left arm forward and hop off left foot. Land on the ball of your left foot then immediately bring right foot down and repeat on the other side. Focus on height not speed.

2. Uppercut

Stand in a split stance with right foot one step ahead of left foot and hips squared (facing forward). With right hand, punch up and to the left with a scooping motion. Quickly repeat on the other side. Continue to alternate as quickly as possible while maintaining loose knees and a tight core. Halfway through, switch stance to the other side.

3. Mountain Climber Twist

From a high plank position with core tight, run left knee in toward right elbow, then right knee in toward left elbow. Continue to alternate as quickly as possible without hiking hips. Make it easier: Run knees straight in toward chest rather than twisting.

4. High Knees

Stand with your feet hip width and run in place by pulling right knee up toward chest, then left knee up toward chest. Continue to alternate as quickly as possible.

Make it easier: Perform this move as a march, using your core to pull your knee toward your chest.

5. Punch

Start in the same split stance that you used for uppercuts, with right foot one step ahead of left foot. Raise both fists up, keeping elbows pulled in to rib cage. Punch forward with left hand, slightly rotating torso as you do. Punch as quickly as possible for half of your time, then switch your stance and punch on the other side.

6. Plank Jacks

From a high plank position, with core tight, jump feet apart then jump them back together. Repeat as quickly as possible while trying to maintain level hips.

7. Butt Kick

Run-in place-kicking heels toward glutes. Swing arms at side or allow them to rest against butt so that heels kick palms. Make sure the movement is being driven from your hamstrings.

8. Fast Feet Shuffle

With feet wider than hip width, bend knees slightly, sending hips back and keeping core tight. Shuffle feet to the right for 4 paces, then shuffle back the other way. Stay low and make your feet move as quickly as possible to get the most out of this exercise.

9. Plank-to-Knee Tap

From a high plank position with core engaged, shift back and pike hips as you lift right hand to tap left shin. Return to high plank position and repeat on the other side. Move through the exercise as quickly as possible while maintaining good form.

10. Jumping Jack

Start with feet together, hands at sides, core engaged. Now jump legs apart and bring arms overhead, clapping at the top. Keep knees bent as you jump feet back together and bring arms down. Repeat as quickly as possible.

11. Vertical Jump

Try to jump as high as possible. Stand with a slight bend in the knees and feet hip width. Swing both arms back as you bend a little deeper. Then, as you swing arms forward, jump up, extending arms overhead. Land lightly and repeat. The tighter your core is engaged, the lighter you will land.

12. Skaters

Stand with feet hip width and a slight bend in knees. Jump to the right with right foot, landing lightly on the ball of your right foot and sweeping left foot behind right leg. Do not put weight on left foot if you can help it. Immediately jump to the left with left foot, allowing right foot to sweep behind left leg. Continue to alternate sides.