

CARDIO AT HOME - INTERMEDIATE

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

1. Long Jump with Jog Back

Stand with feet hip width and a slight bend in knees. Swing both arms back and bend a little deeper, then swing arms forward and jump forward as far as possible with both feet, landing lightly on the balls of your feet. Now, as quickly as possible, jog backward to starting place and repeat.

2. Tuck Jump

Stand with knees slightly bent and jump up, bringing knees to chest and extending arms out straight in front of chest. Lower arms as you land lightly on the floor.

3. Corkscrew

From a high plank position with core tight, shift weight onto left hand, lift right hand off ground, then rotate to the right and kick left foot out to the right. Tap left foot with right hand. Repeat on the other side moving as quickly as possible.

4. Diver's Push-Up

Start in a down dog position with hands on the ground, hips high in the air, and feet on the ground so you form a triangle shape. In a fluid motion, dive head toward the floor, coming into a low push-up position, and then swoop chest forward and up so you end in an upward dog position. From there, push hips up to return to starting position.

5. Wide Mountain Climbers

From a high plank position with core tight, bring right foot forward to the outside of right hand so you are in a low lunge position. Jump and switch feet in midair so that you land with your left foot to the outside of your left hand with your right foot straight back. Continue to alternate as quickly as possible.

Make it easier: Skip the hop. Instead, step right foot back then quickly step left foot forward.

6. Invisible Jump Rope

Hop over an invisible rope (no need to jump more than 1 or 2 inches off the ground) by staying on your toes and pushing off with the balls of your feet. Make quick, small movements with your wrists as if you're holding a rope.

7. 3 Hops to Push-Up

Stand on right foot with left foot elevated and core tight. Hop 3 times then bend down and quickly walk hands out so you are in a high plank position with left foot still off ground. Do 3 push-ups, never putting left foot down. Walk hands back and stand up to return to starting position. Repeat for half the time on one side only, then switch sides.

8. Step-Up

You'll need a bench or sturdy chair for this move. Place right foot on the bench and, using glutes, push up so right leg is straight and left foot is off the ground. Slowly lower, allowing left foot then right foot to come down to the ground. Repeat, focusing on using only your right glutes (do not push off with left foot).

9. Classic Burpee

Stand with feet hip width and core tight. Jump up then immediately drop to the floor, placing hands on the ground and shooting feet back so you're in a high plank position. Do a push-up. Quickly jump feet back to hands and, in one movement, stand and jump up to complete 1 rep.

10. Single-Leg Hop

Stand on right leg, lift left foot off ground, and brace core. Jump forward 3 to 5 times, each time landing lightly on the ball of your foot. Switch feet and jump back to start.

11. Runner's Skip

Start in a low lunge position with right foot forward, left foot back, and fingertips touching the ground for balance. In one smooth movement, bring left foot forward and, as you stand on right foot, continue to lift left knee toward chest and hop up on right foot. Land lightly on right foot and immediately slide left foot behind you to return to starting position. Repeat for half the time then switch to the other side.

12. Flutter Kick

Lie face-up on your back with navel pulled toward spine. You can slide both hands under the curve of low back for added support. Using your core, lift both feet 3 to 4 inches off the ground and kick feet up and down several inches, keeping core engaged throughout. If you feel any discomfort in your low back, skip this exercise.