



HOME CARDIO WORKOUT PLAN



JUMPING JACKS

Strengthens glutes, quadriceps, hip flexors, abdominal and shoulder muscles



1. Begin by standing with your legs straight and your arms to your sides.
2. Jump up and spread your feet beyond hip-width apart while bringing your arms above your head, nearly touching.
3. Jump again, lowering your arms and bringing your legs together. Return to your starting position.

BUTT KICKS

Strengthens hamstring muscles, glutes and quadriceps



1. Stand tall on the balls of your feet, hips-width apart.
2. Similar to jogging in place, bring (or "kick") your heels to your butt rapidly, alternating both legs..

PUSHUPS

Strengthens entire upper body, core and stability



1. Begin in a hands (directly under shoulders, slightly wider than shoulder width) and toes (knees for beginners) position with your gaze at the floor.
2. Inhale as you slowly lower your elbows to bring your chest toward the ground. Be sure to keep your core muscles contracted.
3. Pause for a second in the lowered position — your chin may lightly touch the ground.
4. Exhale as you push up from the ground to your starting position.

CRUNCHES

Strengthens abdominal muscles, core and stability



1. Lie down on your back. Plant your feet on the floor, hip-width apart. Bend your knees and cup your palms over your ears. Contract your abs and inhale..
2. Exhale and lift your upper body, keeping your head and neck relaxed.
3. Inhale and return to the starting position.

BURPEES

Strengthens shoulders, chest, abs, quads, inner thighs, butt, and triceps

1



2



3



4



5



1. Stand with your feet shoulder-width apart.
2. Push your hips back, bend your knees, and lower your body into a squat.
3. Place your hands on the floor directly in front of your feet. Shift your weight onto your hands and jump your feet back to a plank position.
4. Jump your feet back so that they land just outside of your hands.
5. Reach your arms over head and explosively jump up into the air. Land and immediately lower back into a squat for your next rep.

MOUNTAIN CLIMBERS

Strengthens full body, but especially your arms, shoulders, quads, core and agility



1. Get into a plank position, making sure to distribute your weight evenly between your hands and your toes
2. Your hands should be about shoulder-width apart, back flat, abs engaged, and head in alignment.
3. Pull your right knee into your chest as far as you can.
4. Then switch, pulling that knee out and bringing the other knee in.
5. Keeping your hips down, run your knees in and out as far and as fast as you can. Alternate inhaling and exhaling with each leg change.

LUNGES

Strengthens glutes,
quadriceps, hamstrings and
core



1. Stand tall with your feet hip-width apart. Place your hands on your hips and take a slow, controlled step forward with your right leg.
2. Keeping your spine tall and the weight in your heels, lower your body until both your front and back legs form 90-degree angles, and your front knee is directly over your ankles. Pause, then bring your right leg backward to return to starting position.
3. Repeat by stepping forward with your left leg.

PLANK

Strengthens abdominals,
shoulders, triceps,
glutes and quadriceps



1. Lie on your front with your fists clasped, elbows pushed into your sides by your ribs, forearms on the floor and toes tucked under.
2. Push your bodyweight up so that it's resting on your forearms and feet, in a straight line parallel to the floor.
3. Squeeze the muscles in your bottom and thighs and push your heels together while pulling up on your pelvic floor.
4. Check your back and bottom aren't popping up or caving in and that you are making a straight line from heels to head, so that your neck is parallel to the floor.
5. Relax your facial muscles and hold the position.

WEEKLY WORKOUT PLANNER

ACTIVITY		REPS	REST
MONDAY	1. Jumping Jacks	1. 20 sets	Rest 30 to 60 seconds in between each activity
	2. Butt kicks	2. 5 sets (Left-Right)	
	3. Pushups	3. 5 sets	
	4. Crunches	4. 12 times	
	5. Burpees	5. 5 sets	
	6. Mountain Climbers	6. 20 sets (Left-Right)	
	7. Lunges	7. 15 sets (Left-Right)	
	8. Plank	8. 30 seconds	
TUESDAY	1. Jumping Jacks	1. 5 sets	Rest 30 to 60 seconds in between each activity
	2. Butt kicks	2. 10 sets (Left-Right)	
	3. Pushups	3. 8 sets	
	4. Crunches	4. 10 times	
	5. Burpees	5. 12 sets	
	6. Mountain Climbers	6. 10 sets (Left-Right)	
	7. Lunges	7. 25 sets (Left-Right)	
	8. Plank	8. 40 seconds	
WEDNESDAY	1. Jumping Jacks	1. 25 sets	Rest 30 to 60 seconds in between each activity
	2. Butt kicks	2. 12 sets (Left-Right)	
	3. Pushups	3. 10 sets	
	4. Crunches	4. 15 times	
	5. Burpees	5. 10 sets	
	6. Mountain Climbers	6. 15 sets (Left-Right)	
	7. Lunges	7. 20 sets (Left-Right)	
	8. Plank	8. 50 seconds	
THURSDAY	1. Jumping Jacks	1. 15 sets	Rest 30 to 60 seconds in between each activity
	2. Butt kicks	2. 20 sets (Left-Right)	
	3. Pushups	3. 12 sets	
	4. Crunches	4. 10 times	
	5. Burpees	5. 15 sets	
	6. Mountain Climbers	6. 15 sets (Left-Right)	
	7. Lunges	7. 15 sets (Left-Right)	
	8. Plank	8. 60 seconds	
FRIDAY	1. Jumping Jacks	1. 30 sets	Rest 30 to 60 seconds in between each activity
	2. Butt kicks	2. 25 sets (Left-Right)	
	3. Pushups	3. 15 sets	
	4. Crunches	4. 15 times	
	5. Burpees	5. 12 sets	
	6. Mountain Climbers	6. 12 sets (Left-Right)	
	7. Lunges	7. 25 sets (Left-Right)	
	8. Plank	8. 70 seconds	

IMPORTANT NOTES

1. These are simply repetition and duration estimates for a basic workout plan.
2. If you can't do the allotted repetitions or duration, figure out how many repetitions or duration you can do.
3. Start small but challenge yourself by doing them correctly every time. It's important to do each of the workouts properly, or else you may get injured, and not get the benefits of the workouts.
4. The duration of the rest time in the plan affects the intensity of the workout because shorter recovery time will challenge your cardio, help you lose fat, and stress your body in an appropriate manner. If it becomes too intense and you need more time to rest, then take the time you need.

You know your body better than anyone else!

#keeponmoving

By doing these exercises consistently, you will observe profound changes in your fitness levels.

Not only will these cardio exercises strengthen and tone your entire body, but they'll also help give you more energy and boost your mood.

If you'd like to stay healthy and fit physically and mentally, stay tuned with our email newsletter that will be delivered to your inbox every now and then!

