

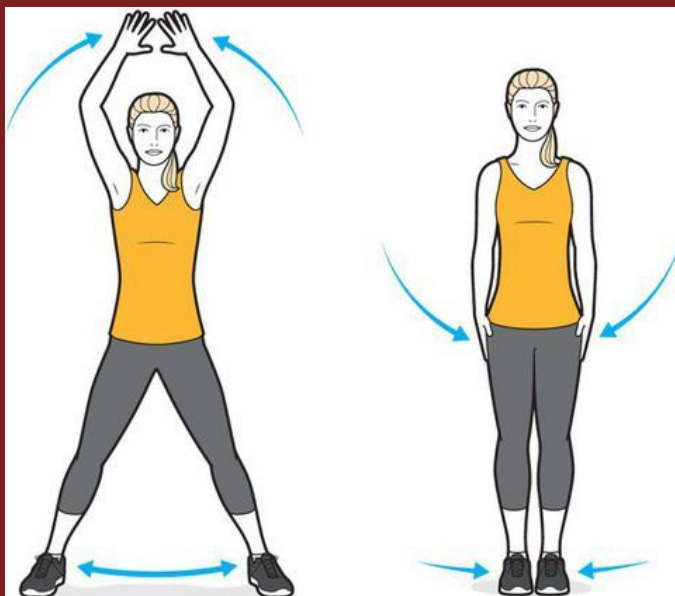
CARDIO EXERCISES



Burpees

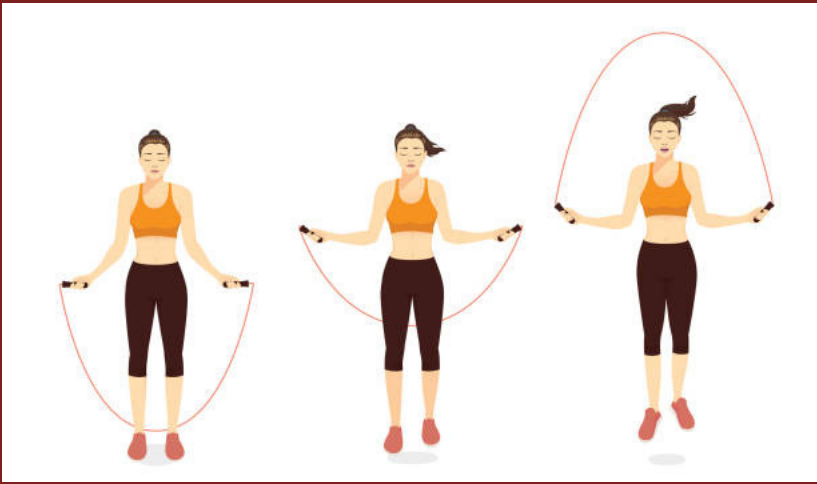


1. Start in a squat position with your knees bent, back straight, and your feet about shoulder-width apart.
2. Lower your hands to the floor in front of you so they're just inside your feet
3. With your weight on your hands, kick your feet back so you're on your hands and toes, and in a pushup position.
4. Keeping your body straight from head to heels, do one pushup. Remember not to let your back sag or to stick your butt in the air.
5. Do a frog kick by jumping your feet back to their starting position.
6. Stand and reach your arms over your head.
7. Jump quickly into the air so you land back where you started.
8. As soon as you land with knees bent, get into a squat position and do another repetition.



Jumping Jacks

1. Start standing up with your legs together, a slight bend in knees, and hands resting on thighs
2. Keeping the knees bent, open the arms and legs out to the sides. Arms come above the head and legs wider than shoulders
3. Close your arms and legs back to your sides, returning to your start

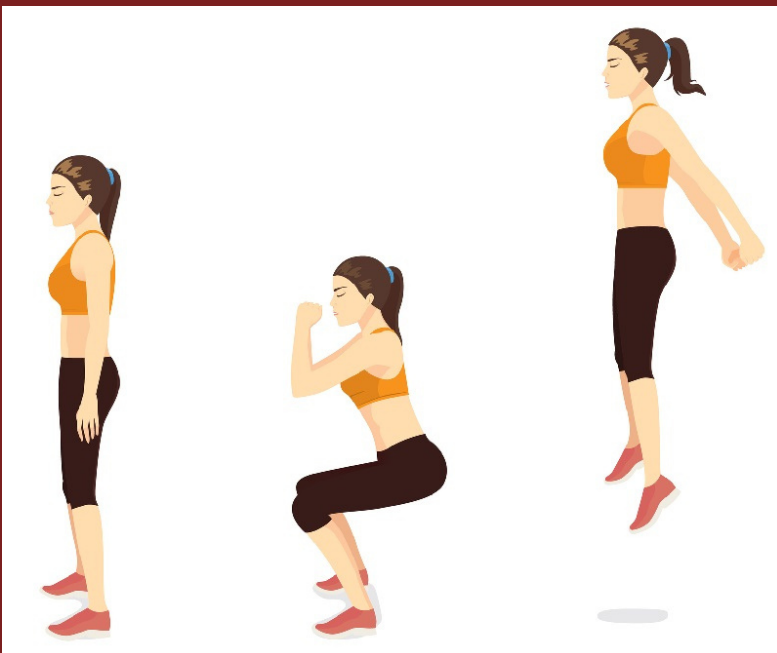
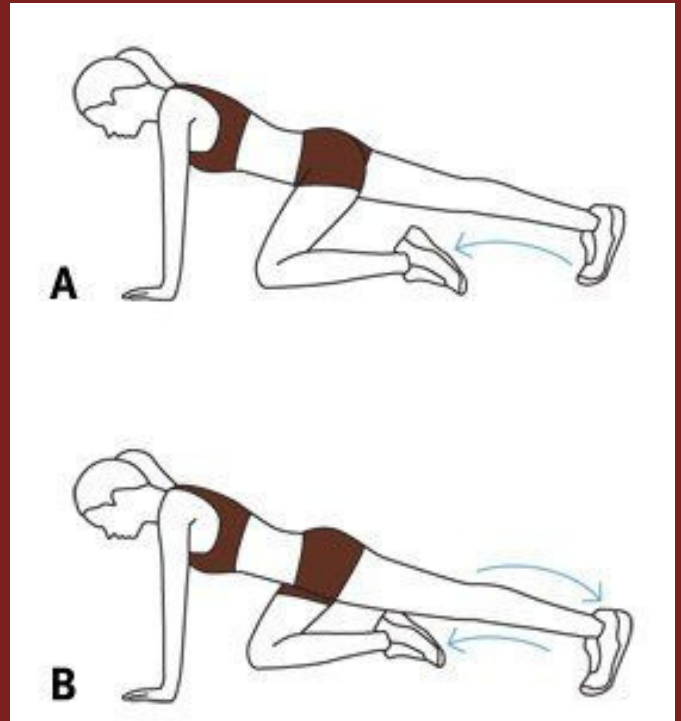


Jump Rope

1. Hold the rope while keeping your hands at hip level.
2. Rotate your wrists to swing the rope and jump.
3. Jump with both feet at the same time, one foot at a time, alternating feet, etc.
4. Repeat until the set is complete.

Mountain Climbers

1. Get into a plank position, make sure to distribute your weight evenly between your hands and your toes
2. Your hands should be shoulder-width apart, your back should be flat, and engage your core
3. Pull your right knee to your chest as far as you can
4. Place your right leg back and then bring your left knee up to your chest
5. Continue to alternate legs as fast as you can



Jump Squats

1. Stand with your feet shoulder-width apart
2. Start by doing a regular squat, engage your core, and jump up explosively
3. When you land, lower your body back into the squat position to complete one rep. Make sure you land with your entire foot on the ground. Be sure to land as quietly as possible, which requires control