

Cardio



Jumping Jack

Stand with feet together and arms by your side. Bend knees a little and, as you jump to a straddle, bring arms above your head. Arms should not go out in front but out to the side. Jump feet back together while you bring arms back by your side. Repeat.



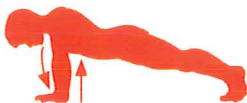
Tuck Jump

Stand with your feet shoulder width apart. Jump up as high as you can, pull your knees up into the chest, and release before you land.



Mountain Climber

Begin in a push-up position on the hands and toes. Bring the right knee in towards the chest, resting the foot on the floor. Jump up and switch feet in the air, bringing the left foot in and the right foot back. Hands stay on the ground.



Plank / Push-Up

Place both hands on the ground and stretch your legs back so you are holding yourself up. Bend arms until you almost touch the ground and extend them to Push-Up position. Repeat. For plank, start in Push-Up position with arms straight and body in a straight line. Hold for 15 – 60 seconds.



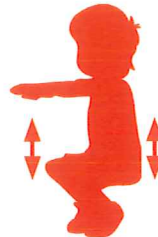
Sit-Up

Lie on your back, with knees bent and pointing to the sky. Cross your arms over your chest. Use your abs to sit up and extend your arms to reach your toes. Return your back and shoulders to the ground and repeat.



Crab Walk

Sit on the ground and hug your knees. Release your knees and place hands, palm down, on the ground behind you. Push up. Walk around on your hands and feet.



Squat

Stand with your feet apart. Keeping your back straight, bend at your knees, keeping your knees in line with your toes. Your knees should never pass your toes. Bend until your knees are bent 90 degrees and return to a stand. Repeat.



Skip

Start by standing up straight with your legs together. Lift your right knee up towards your chest while pushing off/jumping with your left foot. Land on your left leg and put your right leg down. Push off your right foot as you lift your left knee up towards your chest. Repeat.