

1 Room Cardio Workout



Directions: Complete each exercise for the reps/time listed. You can supplement this workout with running or it can be your full workout. If you are doing this as your entire workout you can repeat, no more than 30 minutes.

[Link to timer](#)

- 20 jumping jacks
- :30 high knees
- :30 butt kicks
- 5 jump squats
- 20 high knees (total)
- :30 mountain climbers
- :30 water break
- 5 burpees
- 20 jumping jacks
- :30 jump rope
- 5 split jump squats
- 20 high knees (total)
- 30 jumping jacks
- :40 jump rope
- 5 burpees
- :20 butt kicks
- :15 run in place
- :30 water break
- 20 jumping jacks
- 10 lateral jumps
- 5 jump squats
- :30 jump rope
- 5 tuck jumps
- :30 water break

