



You can get your heart rate up in the comfort of your own home. Skip the gym and the cardio machine for this short, fun, and hard cardio workout. We think you'll love it! And your arms and legs will feel worked too. Equipment wise you will need a step (for step-ups) and a jump rope. If there are no stairs in your home use a small bench, march in place with some vigor, or up the intensity by running in place doing high knees jog — this advanced variation works the abs too. If you don't have a jump rope just imagine you do and hop over your imaginary rope.

#### The Warmup

EXERCISE	TIME / REPS
March in place	2 minutes
Step-ups	2 minutes
Jump rope	2 minutes
Stretch	Hamstrings, quads, calves, inner thighs

That wraps up the warmup. To see the rest of the workout, keep reading.

#### The Workout

EXERCISE	TIME / REPS
Jumping jacks	2 minutes
Squats	1 minute
Side lunges	10 sets
Jump rope	1 minute
Jump squats	15 reps
March in place	1 minute
<b>Burpees</b>	15 reps
March in place	1 minute
Walking lunges	10 sets
Squats	1 minute
Jump rope	1 minute
Jump squats	15 reps
Jump rope	1 minute
Step-ups	2 minutes
March in place	2 minutes
Push-ups	20
Ab work / your choice	5 minutes
Triceps dips	30

This workout is definitely not low impact, and if you have downstairs neighbors it could seriously bother them. Take care of yourself and your knees — modify if you need. Remember to stretch your entire body when you're done.

Source: [Thinkstock](#)