

15-Minute Cardio Blast (Modified)

Burn 90-100 calories with this FUN moderate intensity cardio-sculpting program! Every 2 minutes, you will be changing to a new movement/exercise. Maintain a steady pace and proper breathing. And don't forget to drink your water and wear your tennis shoes. As your strength and endurance improve, try to increase how long you do each exercise and decrease the time spent marching in place. Make sure you are raising your knees up high with your marching!

Minutes 0.00-2.00 **JUMPING JACKS** for 30 seconds followed by 1 ½ minutes of marching in place. Maintain a fast, rhythmic pace with arms almost touching overhead.

Minutes 2.00-4.00 **RUN IN PLACE** for 30 seconds followed by 1 ½ minutes of marching in place. Bend your elbows and pump your arms front to back while raising your knees up toward your stomach. Make your arm and leg movements big as you run.

Minutes 4.00-5.00 **SQUAT JUMPS** for 30 seconds followed by 30 seconds of marching in place. From a standing position, lower your knees 90 degrees into a squat. Keep your arms straight out in front of you. From the bottom of the squat, jump up off the ground 4 to 6 inches. Try to land softly.

Minutes 5.00-7.00 **PUSH UPS and SIT UPS**. Lie down on your back with your knees bent and your feet flat on the floor. Your arms can be crossed over your chest or held straight out to your knees. Do sit-ups/crunches for 1 minute. Then roll over onto your stomach and knees. Do knee pushups for the next minute.

Minutes 7.00-9.00 **STAIRS**. Walk quickly up the stairs and then down the stairs. Keep going for 2 minutes. As needed, use the handrail for safety.

Minutes 9.00-10.00 **LUNGES** for 30 seconds followed by 30 seconds of marching in place. Stand in place with feet slightly apart and hands on your hips. Lunge forward with your right leg (do not let your knee pass in front of your toes). Bring legs back together. Then lunge forward with your left leg. Continue alternating right/left leg.

Minutes 10.00-12.00 **JUMPING JACKS** for 30 seconds followed by marching in place for 1 ½ minutes. Maintain a fast, rhythmic pace with arms almost touching overhead.

Minutes 12.00-15.00 **RUNNING IN PLACE** for 30 seconds followed by 2 ½ minutes of marching in place. YOU CAN DO IT!! You are almost done with a great workout. Keep up the good work. And don't forget your water when you are done.



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