

# 15-Minute Cardio Blast

Burn 150 calories with this FUN high-energy cardio-sculpting plan.

**\*0:00-2:00- Jumping Jacks:** Maintain a fast, rhythmic pace with arms almost touching overhead.

**\*2:00-4:00- Run in place:** Bend elbows and pump arms front to back while reaching your knees up to your abs, accentuating leg movements as you run.

**\*4:00-5:00- Squat Jumps:** From a standing position, lower knees 90 degrees into a squat, keeping arms parallel to chest. From the bottom of the squat, jump up 4 to 6 inches

**\*5:00-7:00- Jumping Jacks:** Maintain a fast, rhythmic pace with arms almost touching overhead.

**\*7:00-9:00- Run in place:** Bend elbows and pump arms front to back while reaching your knees up to your abs, accentuating leg movements as you run.

**\*9:00-10:00- Squat Jumps:** From a standing position, lower knees 90 degrees into a squat, keeping arms parallel to chest. From the bottom of the squat, jump up 4 to 6 inches.

**\*10:00-12:00- Jumping Jacks:** Maintain a fast, rhythmic pace with arms almost touching overhead.

**\*12:00- 15:00- Run in place:** Bend elbows and pump arms front to back while reaching your knees up to your abs, accentuating leg movements as you run.



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.<sup>SM</sup>*