

CARDIO CONDITIONING - 45

**** NOTE:** To make this more challenging, you can set your intervals for 10 sets. Low for 15 seconds, high for 15 seconds.

Warm up (5 Minutes total, 30 seconds each)

- Jumping Jacks
- Front clap Jacks
- Small side to side jump rope
- Forward/back jump rope
- Two feet jump rope
 - Challenge: every 5 seconds, double jump (knees to chest) for total of 6 jumps
- Straight arm jacks
- Kick heels out in front with climbing arms
- Hop scotch
- Shoulder tap jacks

Active Stretch (approximately 4 minutes total)

- 30 Seconds – 3-way lunge right side
- 30 seconds – 3-way lunge left side
- 30 seconds – side lunges alternating sides
- 30 seconds – squat and twist
- 30 seconds – hip circles
- 30 seconds – windmills
- 30 seconds – Arm circles small, getting bigger – one direction
- 30 seconds – Arm Circles the other way

**** 30 Seconds REST ****

Cardio Conditioning – start with Base exercise. After 10 seconds do the Main exercise for 10 seconds. Alternate between base and main exercise 2 times for a total of 1 minute. No rest until end. (Beginners may rest 30 seconds between cycles)

**** NOTE:** To make this more challenging, alternate between Base and Main for 15 seconds. Do each Main exercise 2 x.

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| Cycle 1: | Base Exercise: | Crisscross |
| | Minute 1 Main: | High knees |
| | Minute 2 Main: | Squat Jumps or Squat Pulses |
| | Minute 3 Main: | Speed Skaters |
| | Minute 4 Main: | Up & Overs |
| | Minute 5 Main: | Floor Mountain Climbers |
| Cycle 2: | Base Exercise: | Split, Together, Split, Together |
| | Minute 1 Main: | Wide High Knees |
| | Minute 2 Main: | Tuck jumps |
| | Minute 3 Main: | Plank In and Outs |
| | Minute 4 Main: | Right foot kick, lft hand to rt toe |
| | Minute 5 Main: | Left foot kick, rt hand to lft toe |
| Cycle 3: | Base Exercise: | Fast Feet |
| | Minute 1 Main: | Twist jumps (right, center, left, center) |
| | Minute 2 Main: | Burpees |
| | Minute 3 Main: | X Jumps |
| | Minute 4 Main: | Corner Punches – one side |
| | Minute 5 Main: | Corner Punches – opposite side |
| Cycle 4: | Base Exercise: | Jump Rope |
| | Minute 1 Main: | Double Heel Kick |
| | Minute 2 Main: | Push ups |
| | Minute 3 Main: | Fast Sprint |
| | Minute 4 Main: | Pop Squats |
| | Minute 5 Main: | Standing Ladder climbs |

Cycle 5:	Base Exercise:	Bicycle kicks
	Minute 1 Main:	Knee Rubs
	Minute 2 Main:	In and Out with a Twist
	Minute 3 Main:	Full body, Up and Outs
	Minute 4 Main:	Heel Touches
	Minute 5 Main:	Low Plank alternating knee to elbow (same side)
		• Modification: plank hold

Cool down: 3 minutes

Descriptions:

- **Corner Punches** – stand shoulder width apart, punch one hand up to opposite top corner, rotating on the same foot as your punching arm (i.e, when punching right hand to top left corner, rotate on right foot). Then punch opposite hand to opposite low corner, rotating on that same side foot. (i.e., when punching left hand to lower right corner, rotate on left foot).
- **Double Heel Kick** – Jump bringing both heels to your butt.
 - **Modification:** squat, bring one heel to butt. Squat and bring opposite heel to butt.
- **Floor Mountain Climbers** – get into high plank position. Alternate bringing knees towards chest like you are running on the floor.
- **Full body, Up and Outs** – lay on back arms above head, feet straight out. Sit up, reaching arms straight up towards ceiling, then reach your arms out and touch your toes. Make sure you have two distinct motions here. Up then out.
- **Heel Touches** – lay on back, knees bend, feet on floor. Move body side to side touch hand to heel (Right hand to right heel, left hand to left heel).

- **Challenge:** keep feet close together and far away from bottom.
- **Modification:** keep feet far apart and close to bottom.
- **In and Out with a Twist** – sit on bottom, knees bent and off ground. Hands by your sides on floor. Kick legs out and slightly twist body with feet facing in. Bring legs back to starting position. The kick legs out to other side, slightly twisting body and pacing feet in towards middle of body.
- **Knee Rubs** – lay on back with knees bend. Place hands on legs. Rub hands up leg to knee and back to starting position. Hands never leave legs.
- **Plank In and Outs** – get in plank. Jump both feet into chest, jump both feet out back into plank. Keep repeating as fast as you can.
 - **Modification:** hold plank or step feet in, one at a time, and then back to plank one at a time.
- **Speed Skaters** - start with left foot in and right foot out. Right hand on floor. Switch leg positions so right foot steps in and left foot steps out. Left hand reaches for floor, right hand comes up
- **Split, Together, Split, Together** – Hands up in front of chest. Split feet so that one foot is forward, the other is back. Jump feet back together (shoulder width apart), then jump and split feet the other way.
- **Tuck Jump Modification** – Start with hands above your head, one hand on top of the other. Bring one knee up and bring hands down to tap knee. Repeat on opposite side. Keep alternating.
- **Up & Overs** – jump or step over an imaginary box landing on opposite foot. Go back and forth.
 - **Modification:** step over imaginary box instead of jumping

- **X Jumps** – Bend knees so that opposite hand touches opposite toes. Jump up and spread body like an X while jumping
 - **Modification:** come to toes instead of jumping.

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