



Cardio Burst

This is an eight minute tabata-style workout. Set a timer and move through each exercise for thirty seconds. Take a ten second break between each exercise. Complete the circuit twice for a full workout.



Jumping Jacks: Perform as many jumping jacks as possible for **30 seconds**. For a modified version, step side to side. Raise your right arm when you step to the right and your left arm when you step to the left. **Rest for 10 seconds** before starting the next exercise.



Stationary Jump Ropes: Jump rope in place with your imaginary jump rope for **30 seconds**. For a modified version, march in place instead of jumping. **Rest for 10 seconds** before starting the next exercise.



Hamstring Pulls: In a rolling chair and a long hallway, propel yourself forward using only your legs. Move forward for **30 seconds**, then rest for **10 seconds**.



Mountain Climbers: Place your hands shoulder-width apart on a desk or wall. Assume a plank position and engage your core. Alternate quickly bringing your legs up towards your torso then back to the ground as if you are running in place. For a modified version: slow down the movement and march in place. Do this exercise for **30 seconds** and then rest for **10 seconds** before starting the next exercise.



Plié squats: Stand with your legs wider than shoulder-width apart and your toes pointed outward. Sink into a squat while keeping your head and chest lifted upward. Return to standing. Complete as many squats as possible within **30 seconds**. Rest for **10 seconds** before repeating this workout!