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## CARDIOVASCULAR EXERCISES

**Directions:** Plan to do each of the exercises listed below for 2-3 minutes each. Combine groups of exercises together to create routines. Challenge yourself by increasing the intensity by adding in additional arm movements. EX: Knee Thrusts, hands on hips – low intensity. Moving arms up and down during the knee thrust movement – higher intensity.

### **Knee Thrust**

Description- Simultaneously lift one leg by bringing your knee up to your chest and tuck your arms in to a guard position (elbows tucked into your rib cage and fists near your chin). Return your foot to the floor while extending your arms over head. Repeat with other leg. Continue alternating.

Modification- Place hands on your hips, or keep in the guard position.

### **Cardio Lunges (Front & Side-to-side)**

Description- Simultaneously lunge one leg back and lift both arms above your head in front of your body. Return your arms to your sides as you switch legs and repeat motion.

Modification- Place hands on your hips.

### **Front Kick**

Description- Kick one leg by fully extending it in front of your body as high as you can while keeping your arms in guard position. Return your foot to the floor. Repeat with other leg. Continue alternating.

Modification- Alternate knee thrust and front kicks.

### **Jumping Jacks**

Description- Arms fully extended at your sides with legs together. Bring your arms overhead while keeping them fully extended out to the side of your body, with a slight hop, spread your feet at least shoulder width apart. Return to start position. Repeat continuously with our stopping the motion.

Modification- Arms bent at 90 degree angle. Eliminate hop. Move one leg at a time.

### **Side-to-Side Shuffle**

Description- Shuffle a quick four steps to the right (keep your body facing forward as you move to the side), then immediately back to your left. Lower your body by bending at your knees and leaning forward slightly. Place arms in guard position.

### **Step Ups**

Description- Step up and down onto a step/bench. Add arm movement to elevate heart rate.

Modification- Place hands on your hips.

### **Jump Rope**

Description- Simulate using a jump rope if one is not available. Hop on one leg at a time for variety, switch legs.

### **Squat Jumps**

Description- Squat down, place finger tips on the floor and your butt touching your heels. Jump up, full body extension reaching hands over head and feet leave the floor. Repeat.

Modification- Eliminate the jump.

### **Football Shuffle**

Description- Quick foot work. Run in place with feet spread at least shoulder width apart and move arms back and forth with the same speed.

### **High Knees**

Description- Run in place. Lift knees as high as you can while moving your arms back and forth. Move forward going from one end of a room to the other, if desired.

### **Sprints**

Description- Run as quickly as you can from one end of a room to the other. Bend over and touch your hand to the floor when you reach each destination. Repeat.