

# Cardio Crusher

## Workout



**Directions:** Complete each exercise for the interval listed in order 2-1-:30. If you are doing this as your entire workout you can repeat 1, 2 or 3x. Or you can repeat each interval section 2x before moving to the next interval grouping. Spend no more than 30 minutes.

### 2 Min Intervals

60 secs jumping jacks  
60 secs side to side leaps  
→ rest 60 secs ←  
60 secs run in place  
60 secs shuffle side to side

Rest 1 min



### 1 Min Intervals

60 secs mtn climbers  
→ rest 30 secs ←  
60 secs burpess  
→ rest 30 secs ←  
60 secs high knees  
→ rest 30 secs ←  
60 secs squat jumps

### :30 Sec Intervals

30 secs star jumps  
→ rest 15 secs ←  
30 secs squat jumps  
→ rest 15 secs ←  
30 secs jumping lunges  
→ rest 15 secs ←  
30 secs cross jacks

Rest 1 min



[Link to timer](#)