Cardio Crusher



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

:30 Sec Interval 30 secs star jumps

→ rest 15 secs ←

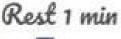
30 secs squat jumps

→ rest 15 secs ←

30 secs jumping lunges

→ rest 15 secs ←

30 secs cross jacks





60 secs mtn climbers

→ rest 30 secs ←

60 secs burpess

→ rest 30 secs ←

60 secs high knees

→ rest 30 secs ←

60 secs squat jumps



Link to timer