

# 1 Room Cardio Workout



**Directions:** Complete each exercise for the reps/time listed. You can supplement this workout with running or it can be your full workout. If you are doing this as your entire workout you can repeat, no more than 30 minutes. [Link to timer](#)

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|-------------------------|--------------------|
| • 20 jumping jacks      | • 30 jumping jacks |
| • :30 high knees        | • :40 jump rope    |
| • :30 butt kicks        | • 5 burpees        |
| • 5 jump squats         | • :20 butt kicks   |
| • 20 high knees (total) | • :15 run in place |
| • :30 mountain climbers | • :30 water break  |
| • :30 water break       | • 20 jumping jacks |
| • 5 burpees             | • 10 lateral jumps |
| • 20 jumping jacks      | • 5 jump squats    |
| • :30 jump rope         | • :30 jump rope    |
| • 5 split jump squats   | • 5 tuck jumps     |
| • 20 high knees (total) | • :30 water break  |