Today, we’ve decided to bring the outdoor cardio world to the inside. Perform this in front of the TV with some first-person hiking, running, or biking in action. Light some lavender incense for added effect.

Cardio - Walking

Start with 1 minute of walking on the spot, or if your workout space is big enough, do some laps!

High Knees

Spend 90 seconds jogging on the spot, no need for sprints!

Cardio - Walking

Back to 1 minute of walking.

High Knees

Make this a little faster than the previous on-the-spot jog.

Cardio - Walking

Back to 1 minute of walking.

Jumping Jacks

Now for some star jumping. Aim to keep the pace at a moderate speed here.

Cardio - Walking

Back to 1 minute of walking.

Jumping Jacks

Make these a little faster and crack out 60 seconds!

Cardio - Walking

Back to 1 minute of walking. Bring that heart rate back down a little!
Jumping Calf Press

90 secs
This will send fire into those calves!

Cardio - Walking

1 min
Back to 1 minute of walking. Don’t forget to sip your water!

Jumping Calf Press

60 secs
Keep pushing through, eyes on that virtual trip!

Cardio - Walking

1 min
Back to 1 minute of walking.

Bicycles

90 secs
Jump on your bike! Get cycling for the full 90 seconds! Take mini rests if necessary!

Cardio - Walking

1 min
Back to 1 minute of walking.

Bicycles

60 secs
You’re almost there, big push!

Cardio - Walking

1 min
Back to 1 minute of walking. The home straight is here!

Contralateral Limb Raises

90 secs
Not quite a swim in the pool, but amazing for lower back strength!
Cardio - Walking

1 min
Walk into the final 'swim'!

Contralateral Limb Raises

no rest
60 secs
There's only one shark in this sea :D
Cardio - Walking

Primary muscle group(s):
Calves, Hamstrings, Quadriceps

Secondary:
Glutes & Hip Flexors

After following a thorough warm-up session, stand tall on a walkway, treadmill, or other walkable area. Make sure that your chest is up, core is braced, shoulders are back, and gaze is straight ahead.

Begin by placing your left foot forward then shifting your hips to move the right leg forward. Continue this back and forth motion at a pace that is ideal for you.

You may also want to include small weights or a grip strengthener during your walks. Remember to maintain perfect form throughout the walk. Avoid slouching.

High Knees / Front Knee Lifts / Run / Jog on the Spot

Primary muscle group(s):
Abs

Secondary:
Glutes & Hip Flexors

Begin jogging in place, lifting the knees as high as you can.

Try to lift your knees up to hip level but keep the core tight to support your back.

For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Bring the knees towards your hands instead of reaching the hands to the knees!
Cardio - Walking

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Jumping Jacks / Star Jumps

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Abs, Calves, Hamstrings, Shoulders

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.
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Jumping Calf Presses / Raises

Primary muscle group(s):
Calves

Stand up straight with your hands at your sides.
Keep your back straight and your core tight.
Forcefully press off the ground with the balls of both feet.
Launch into the air and land softly on the balls of your feet.
Focus the tension in the calf muscles, NOT the quadriceps.
Repeat.
Cardio - Walking

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Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches

Primary muscle group(s):
Abs, Obliques

Secondary:
Glutes & Hip Flexors, Quadriceps

Lie flat on an exercise mat on the floor keeping your lower back straight with no arching of your spine and with your knees bent and feet flat on the floor.

Place your hands lightly on the sides of your head.

Curl your torso upwards so your shoulders are slightly raised off the floor.

Raise your knees until your thighs are at a right angle to the floor and your calves are parallel to the floor. This is the start position.

Slowly move your legs in a pedaling action as if you are riding a bicycle.

As you do so, exhale and bring your opposing elbow close to each knee by crunching to one side. Left elbow to right knee. Right elbow to left knee.

After each crunch, return to the start position inhaling as you do so.

Without pausing, repeat the movement to the other side.

Repeat without pausing for the desired number of repetitions to each side.

⚠️ Do not use your hands to pull your head and neck up during this exercise. Doing so may cause injury. Concentrate on a slow rhythmic cycle from side to side with perfect form for each repetition.
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Contralateral Limb Raises

Primary muscle group(s):
Glutes & Hip Flexors, Upper Back & Lower Traps

Secondary:
Lower Back, Shoulders

Lay on a yoga/exercise mat or towel with your arms outstretched, palms down in front of you, and your legs outstretched with your soles facing up.

Simultaneously lift your right arm and left leg off the floor.

When you reach your flexion point, hold for a second before slowly lowering back down to the floor.

Repeat the same movement with your left arm and right leg.
Cardio - Walking

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