

20 Minute Indoor Cardio Workout

It's been so rainy recently I thought I'd put together a 20 minute indoor cardio workout that you can do at home in the dry.

Do each exercise for 20 seconds, except the boxer stance, which is your recovery move to do in between each exercise for 10 seconds. Repeat the exercises 8 times for a 20 minute workout, 6 times if you'd prefer a 15 minute workout.

1. Stationary sprinters — 20 seconds

- Clench your hands, pump your arms hard enough to rotate your shoulders, engage your core, and drive your knees above your belly button while staying light on the balls of your feet
- Do this as fast as you can



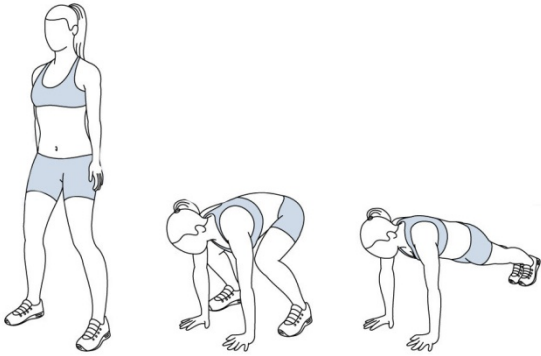
2. Boxer stance — 10 seconds

- Stand on the balls of your feet with one foot a foot or so behind your other foot, body angled to your the front
- Hold your fists up by your face and lightly hop back and forth from one foot to the other



3. Squat thrust — 20 seconds

- Stand with feet shoulder-width apart, arms by your sides
- Bend your knees and reach forward to place your hands on the floor
- Kick your legs back into a plank
- Immediately jump your legs forward back to start and stand back up



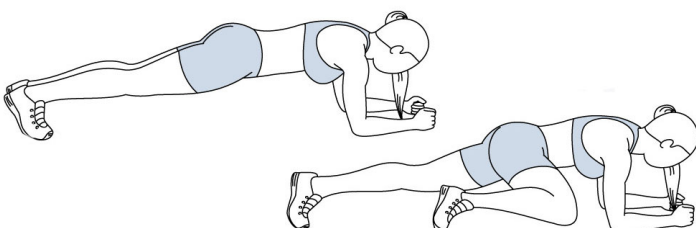
4. Boxer stance — 10 seconds

- Stand on the balls of your feet with one foot a foot or so behind your other foot, body angled to your the front
- Hold your fists up by your face and lightly hop back and forth from one foot to the other



5. Spiderman mountain climber — 20 seconds

- Start in a high plank
- Drive your right knee out and up toward your right tricep. As you do, turn your head to watch your knee meet your arm
- Alternate sides as fast as you can while still maintaining a sturdy plank and keeping your torso in place



6. Boxer stance — 10 seconds

- Stand on the balls of your feet with one foot a foot or so behind your other foot, body angled to your the front
- Hold your fists up by your face and lightly hop back and forth from one foot to the other



7. Jumping Jacks — 20 seconds

- Stand with the feet together, pointing forward, and the arms hanging straight at the sides
- In one jumping motion, bend the knees and extend both legs out to the sides while simultaneously extending the arms out to the sides and then up and over the head
- Immediately reverse the motion, jumping back to the starting or neutral standing position and repeat



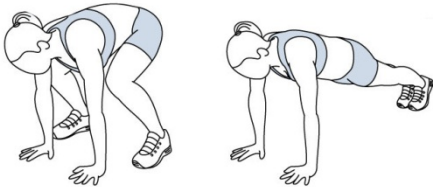
8. Boxer stance — 10 seconds

- Stand on the balls of your feet with one foot a foot or so behind your other foot, body angled to your the front.
- Hold your fists up by your face and lightly hop back and forth from one foot to the other



9. Power plank — 20 seconds

- Start in a high plank.
- Jump your feet up to the outside of your hands
- Make sure to keep your core tight and try to avoid arching your back as you move



10. Boxer stance — 10 seconds

- Stand on the balls of your feet with one foot a foot or so behind your other foot, body angled to your the front
- Hold your fists up by your face and lightly hop back and forth from one foot to the other

