

# Beginner Cardio Workout

25 jumping jacks

5 squat jumps

10 pushups

30 sec rest, repeat 3 circuits

30 sec jump rope

20 butt kickers

25 mountain climbers

30 sec rest, repeat 3 circuits

20 high knees

20 sec plank

20 toe taps

30 sec rest, repeat 3 circuits

\*Modify workout for your own fitness level\*

