



## At Home Cardio Workout

1. First complete a 10 minute warm up run or cycle
2. Then set up 2 cones 20m apart
3. Set a timer and complete
  - ⌚ 30 seconds of squats
  - ⌚ 30 seconds plank
  - ⌚ 30 seconds squats
  - ⌚ 30 seconds of plank
  - ⌚ keep going without stopping if you can. Do 10 lots of 30 seconds squats and 10 lots of 30 seconds planks. Total of 10 minutes – all up.
4. 2 Minutes break
5. Now set a time and complete the same as step 3 above but do 30 seconds of sprints between the two cones followed by 30 seconds plank (10 of each)
6. 2 Minutes Break
7. Now set a time and complete the same as step 3 above but do 30 seconds of sprints between the two cones followed by 30 seconds toe touch sit-ups (10 of each)
8. Finish with a 10 minute cool down run or brisk walk.