



BESTOFLIFEMAG.COM

# CARDIO FIX

## *Cheat Sheet*

3 Min  
Warm Up  
Repeat 2x

Jogging  
Jumping Jacks  
Windmills Front

Windmills Back  
Over the Tops Right  
Over the Tops Left  
Toe Touches

4  
Rounds

### Round One:

Cross Jacks  
High Knees

### Round Two:

Skater Jumps  
Mountain Climbers

2 Moves  
1 Min Each + 20  
sec rest  
REPEAT

### Round Three:

Reverse Lunges  
Burpees

### Round Four:

Lateral Squats  
Oblique Knee Pulls

**Bonus Round:** Downs and Ups

3 Min  
Cool Down

Childs Pose  
Sitting Hands Walk to Grab Toes  
Toe Touching  
Pull Feet Together Butterfly Stretch

Legs Out Wide Middle Stretch / Left / Right  
Shoulder Stretch Across Right / Across Left  
Standing Quad Stretch Right Right / Left