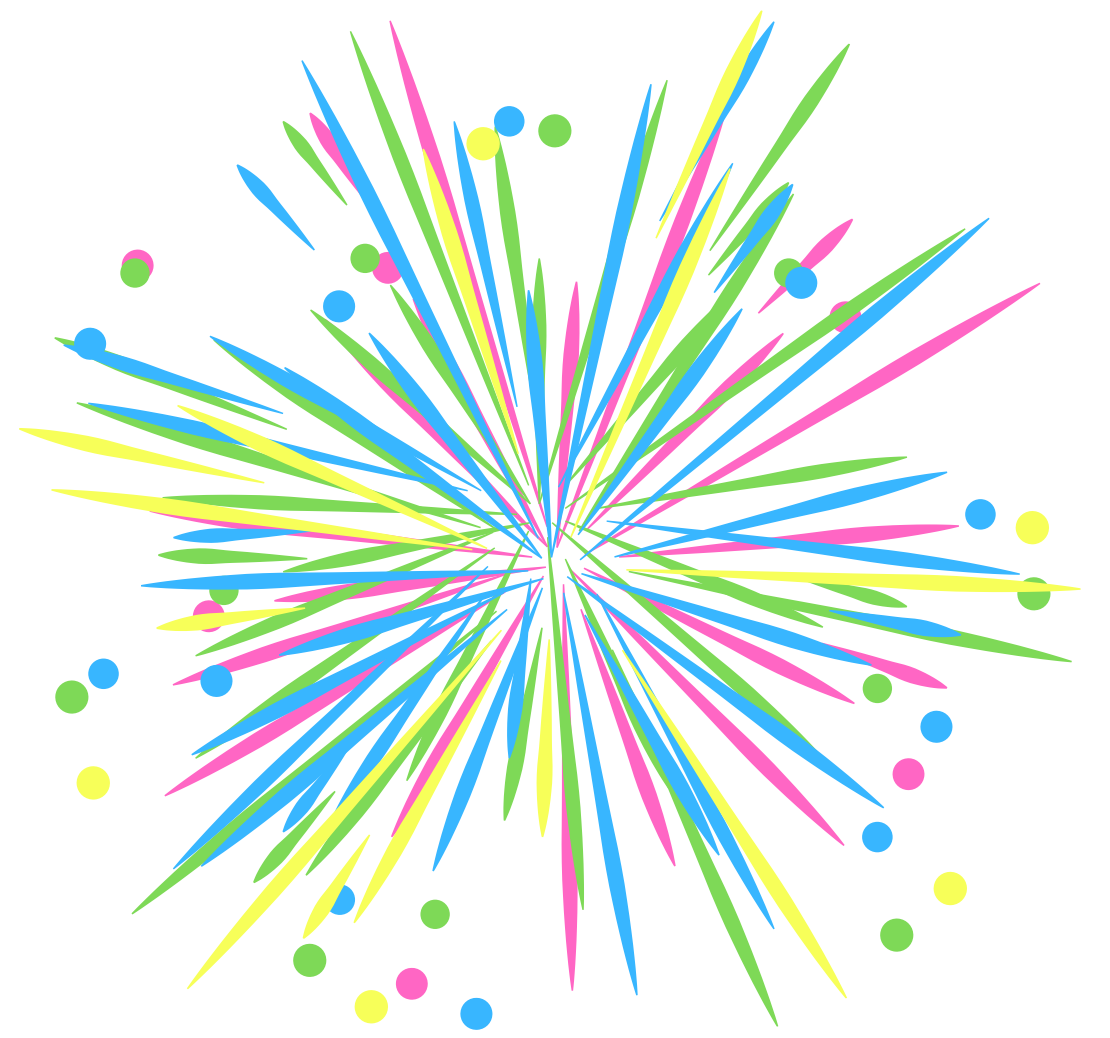


10-minute cardio blast

Do each exercise for **20 SECONDS** then rest for **10 SECONDS** before moving on to the next exercise.

- 20 seconds squats
- 20 seconds high knees
- 20 seconds jumping jacks
- 20 seconds butt kicks
- 20 seconds skater lunges
- 20 seconds alternating reverse lunges
- 20 seconds jump squats
- 20 seconds alternating cross jabs
- 20 seconds standing side crunches
- 20 seconds alternating front kicks



REPEAT!