

# Cardio

Cardio Workout für Zuhause

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### Jog in Place

- Keep abs drawn in
- Keep shoulders relaxed



### Squat Jacks

- Add squat by bending knees and sinking down
- Keep weight in heels



### Squat Knee Ups

- Use low abs
- Draw knees up to arms, add squat in between



### Front Kicks

- Kick forward with flexed foot
- Reach high and through heel, keep alternating



### Mountain Climber Hops

- Strong plank with abs drawn in
- Hop foot in and keep alternating



### Step Ups and Glute Lift

- Step up onto chair
- Draw opposite leg up behind you engaging glute



### Floor to Ceiling Jumps

- Squat down to floor and jump up
- Land with soft knees



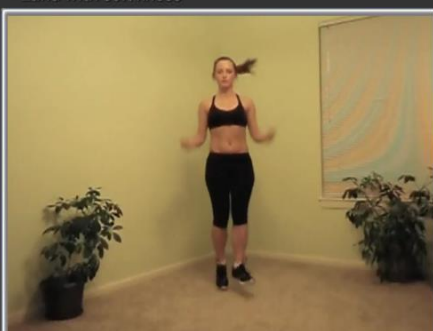
### Plank Jacks

- Strong plank with abs drawn in
- Hop feet apart and then together



### Speed Skaters

- Hop to side, reaching opposite foot behind you
- Swing arms with control



### Jump Rope

- Kick foot forward with heel down, toe up
- Keep abs and biceps tight

#### Dauer

- a) 1 Übung = 1 Minute
- b) 1 Runde = 10 Minuten
- c) Ich empfehle 2 Runden = 20 Minuten

- direkt nach dem Aufstehen als Cardio-Einheit