



16min Cardio No Equipment Needed

Follow this 16 minute Metabolic Cardio workout starting with a Dynamic Warmup and finishing with the stretching sequence. The entire sequence should take you 20-25 minutes.

Set a countdown timer on your phone or watch for ease of use, or you can set up intervals on workout muse which you can download to your iphone for \$2.49 from the itunes store. Then you can play your music with the voice over the top!

If you want to do more cardio after you have finished the circuit, be my guest!

Workout Instructions

- The following dynamic warmup is a circuit.
- A circuit is where you complete each exercise back to back with little or no rest.
- Complete 3 circuits of the following exercises before starting your workout.
- Grab a drink or rest whenever you need it.

Bodyweight Squat

- Descend into a squat position by pushing your hips back and keeping your heels on the ground.
- Once your thighs are parallel with the floor, push back up into a standing position.



8 reps

Spiderman Climb

- Starting in a pushup position, bring one knee towards your elbow and touch your foot on the ground, then extend your leg back to the start position.
- Alternate legs each repetition.



8 reps / side

Jumping Jacks

- Start with your arms by your side and feet together.
- Jump and spread your feet apart as you raise your arms above your head.
- Jump and reverse the movement.



12 reps

Workout Instructions

- Complete the following 16min workout by doing each exercise for the required amount of time.
- The exercises are to be completed back to back with minimum rest between them.
- For best results set a countdown timer for 30 seconds and follow along.
- **Equipment required: none**

Squat Thrust

- From a standing position squat down and place your hands on the ground then thrust your legs out into a pushup position.
- From the pushup position reverse the movement and stand back up.



30 seconds

Step Up with Knee Drive

- Step up onto a bench and drive your knee at the top, then reverse the movement back onto the floor.
- Alternate legs each repetition.



90 seconds

Jumping Jacks

- Start with your arms by your side and feet together.
- Jump and spread your feet apart as you raise your arms above your head.
- Jump and reverse the movement.



30 seconds

Run / Stationary Run

- Run approximately 20 metres up and back for a total of 40 metres.
OR
- Run on the spot with high knees and arms for 40 reps each leg.



90 seconds

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30 seconds

Step Up with Knee Drive

- Step up onto a bench and drive your knee at the top, then reverse the movement back onto the floor.
- Alternate legs each repetition.



90 seconds

Mountain Climber

- Start in a pushup position with your core braced.
- Alternate driving each knee towards your chest like you are running up a mountain.



30 seconds

Run / Stationary Run

- Run approximately 20 metres up and back for a total of 40 metres.
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Stretches

Instructions

- Perform the following stretches post workout.
- Hold each stretch for 20-30 seconds.
- Hold the stretch only to the point of tension (not pain).
- Repeat stretches on especially tight muscle groups.

