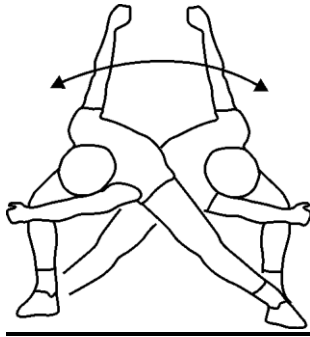


Cardio Breaks

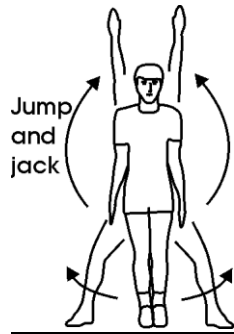


Here are some great dynamic warmup exercises or activities that are great to do when you need a pickup in activity for your day.



Windmill

Begin by standing with your feet slightly wider than your shoulders. Turn your right foot outward about 45 degrees, and place your body weight on your left foot by pushing your hip out to the side. Push your left arm straight up and bend your upper body forward so that your back and legs are straight. Turn your head and look at your left arm while grasping a dumbbell from the ground with your right hand. Stabilize the muscles in your buttocks and raise your upper body upward, lifting the weight with a straight right arm from the ground. Rise until you are standing straight, using the muscles in your core, back, and shoulders. Bend down and repeat the movement nine more times, then switch to the other side.



Jumping Jacks

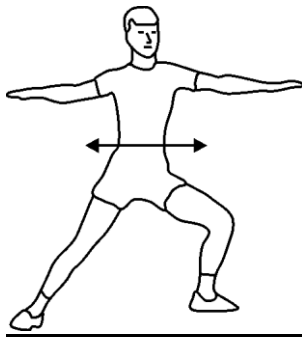
Stand with feet together, knees slightly bent, and arms to sides. Jump while raising arms and separating legs to sides. Land on forefoot with legs apart and arms overhead. Jump again while lowering arms and returning legs to midline. Land on forefoot with arms and legs in original position and repeat.

Cross Jack

Jump into a wide squat, opening arms to shoulder high, elbows bent, and fists facing each other like a goal post. Jump to center, lowering arms in front of thighs and criss-crossing right arm in front of left, and right foot in front of legs. Jump back to start, and continue alternating arms and feet.

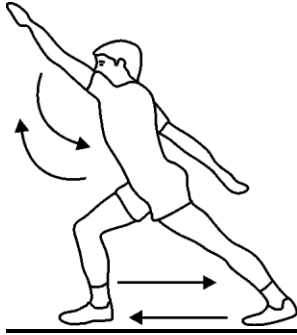
Side Jacks

Assume the jumping jacks position, except don't bring jacks with a high arm position, but just side to side.



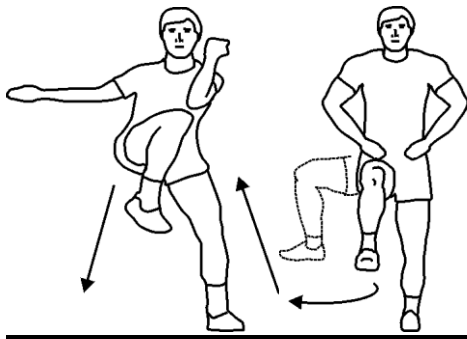
Quad Sways

Stand up straight with your left palm flat on your stomach and your right hand resting on your lower back as if you were ready to take a bow. Lift up your right knee until your quad is parallel to the floor. Without moving your knee, sway your lower leg to the left side and to the right.



Flying Lunge

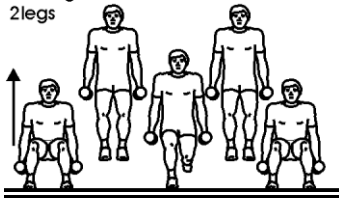
Stand with left hip width apart. Jump as high as you can, lifting left knee and right arm, and bend while driving the right knee and left arm back. Return to stand and repeat.



Hip Rotation

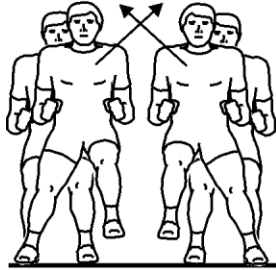
Start with a standing squat position as you raise your legs up. Alternate legs and rotate your hips outward then inward. Repeat on both sides for 12–15 reps.

Dumbbell
Jump squat
Alternate
one leg-
2legs



Single-Leg Bend and Reach

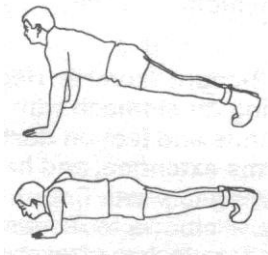
Place a cone or tennis ball about two or three feet in front of you and balance on your left leg, bending from the hip as you reach toward the cone. Switch sides and rotate to the 3, 6, 9, and 12 o'clock positions. For a challenge try it on an exercise disk or pillow.



Power Side Step
Back and forth

Squat jump

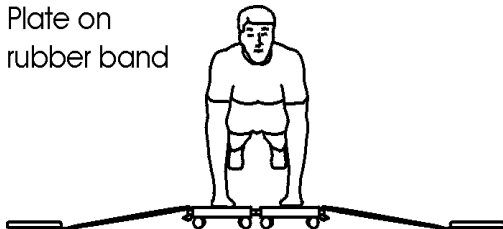
Feet are wider than hip-width apart with toes slightly turned out. Keep chest up. Land on the forefoot then roll back onto the heel of foot to prepare for next jump. Use arms to create force production, bringing them back before takeoff, and then up into the air on jumps, spreading your legs wider than your shoulders. With your toes slightly pointed out, bend your knees toward your toes while pushing your glutes backward and maintaining even pressure on your toes and heels. Keeping your posture neutral, squat down as low as you can then jump up and land lightly with your legs in the same position and squat down again so that there is no pause, breathing out on the jump.



Moving Pushups

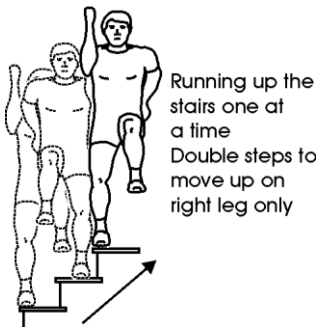
In plank position, try shifting your weight on to your left arm and leg, moving your right arm and leg to the right, do a push up, shift the weight on to your right arm and leg, and move your left arm and leg to the right back to plank position. Repeat.

Plate on
rubber band



Around the World Pushup

Assume a standard pushup position except do a pushup in all four positions in a circle or like a clock, starting in the 12 position, moving to the 3 then 6 and 9 and back to the 12. Repeat until fatigued. Be sure in all positions to maintain good posture.

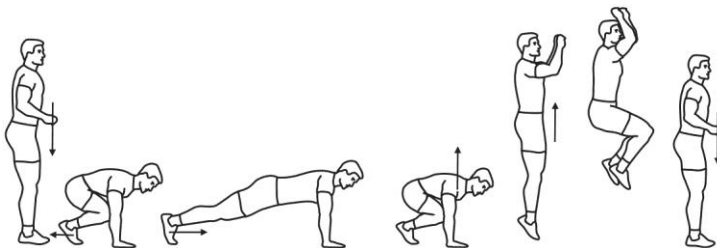


Jump to Box

Stand facing box with feet slightly wider than hip-width apart. Lower body into a semi-squat position and immediately jump up onto box. Do not hold a squat position before jumping up; keep the time between dipping down and jumping up to a minimum. Feet should land softly on box. Step back down (not jump back down) and repeat.

Lateral Jump to Box

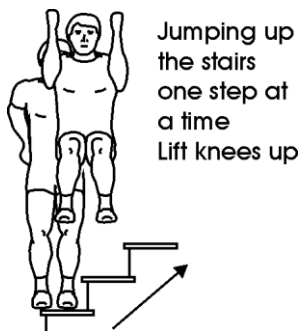
Stand sideways on box with feet slightly wider than hip-width apart. Lower body into a semi-squat position and jump up onto box. Do not hold a squat position before jumping up. Keep the time between dipping down and jumping up to a minimum. Feet should land softly on box. Step back down (not jump back down) and repeat.



Mountain Climbers/Burpees

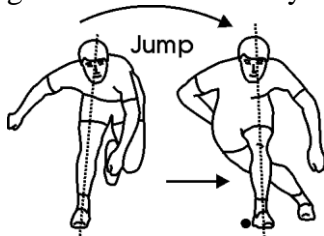
Place hands on floor, slightly wider than shoulder width. Put one leg forward, bent under body, and extend other leg back. While holding the upper body in place, alternate leg positions by pushing hips up while immediately extending the forward leg back and pulling the rear leg

forward under your body, landing on both simultaneously. For an advanced move, put both hands on the hips and jump up.



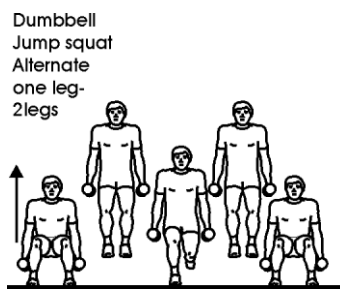
Tuck Jumps

Stand with feet shoulder-width apart, knees slightly bent, with arms at sides. Jump up, bringing knees up to chest. Land on balls of feet and repeat immediately. Remember to reduce ground contact time by landing soft on feet and springing into air.



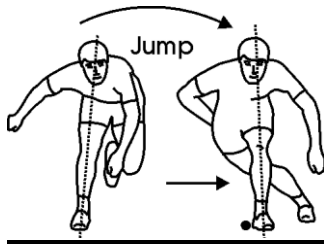
Zigzag Hops

Stand to the left of an agility ladder or similar object approximately one to two feet away. Forcefully push off both feet and land on the other side of the ladder. Repeat and land feet back on the other side. Continue repeating and so on down the ladder. Do not "double hop" upon each landing and keep ground contact time to a minimum.



Single Leg Balance Drill

Stand on your left leg and lift your right leg straight toward the 12 o'clock position, as if you were standing on a clock. Gently swing the right leg forward and back from 12 to 6 o'clock. Then go to 3 and 9.



Single-leg squat

Standing on your left leg, lift the right knee up until it is flexed about 90 degrees. Arms are straight out in front with hands clasped together. Squat down with about 45 to 90 degrees of knee flexion, making sure the knees don't extend past your feet as you squat. Do 10 to 15 per leg.

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