

# 10 MINUTE CARDIO WORKOUT AT HOME

BEGINNER: 20 sec. exercise - 40 sec. pause

INTERMEDIATE: 30 sec. exercise - 30 sec. pause

ADVANCED: 45 sec. exercise - 15 sec. pause



1) JUMPING JACKS



2) MOUNTAIN CLIMBERS



3) JUMP SQUATS



4) HIGH KNEES



5) BURPEES

REPEAT 2X

# Quick Home Workout Explained For Beginners

**Michael Vincent O'Shea, Ellsworth D.  
Foster, George Herbert Locke**

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