

# 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 For Students For Experts 38084

**M Planty**



**Quick Home Workout For Students For Experts 38084:**

Discover tales of courage and bravery in its empowering ebook, **Quick Home Workout For Students For Experts 38084** . In a downloadable PDF format ( \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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