

HIGH-IMPACT AEROBICS

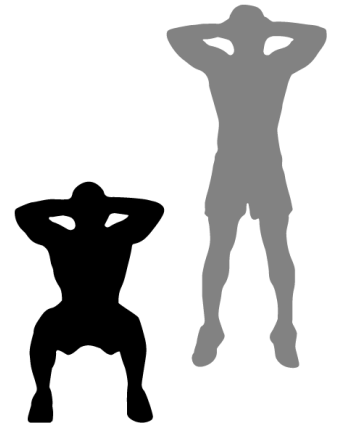
**5-10 MINUTE CIRCUIT
NO EQUIPMENT REQUIRED**

REMEMBER TO STRETCH FIRST TO REDUCE THE RISK OF INJURY!

DO YOUR BEST AND STOP IF IT'S PAINFUL.

1 10 SQUAT JUMPS IN/OUT

- Make sure knees don't go over toes, keep knees and toes facing straight
- Modification: Perform squats without jump, step out to wide squat and back together for normal squat



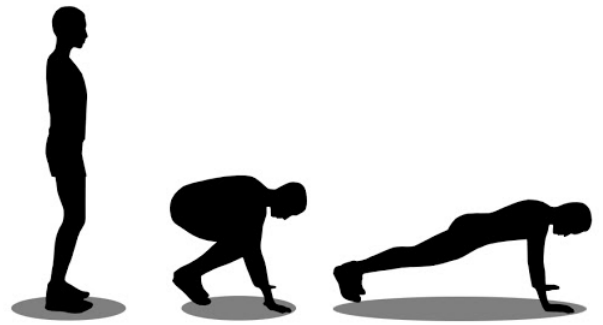
20 HIGH KNEES

2

- Quickly alternate knees and try to get them above hips
- Modification: Perform without jumping

3 8 BURPEES

- Jump up, jump feet out to plank, lower all the way to ground and push back up, stand up and repeat
- Modification: Perform without jump or step back into plank



20 PLANK SHOULDER TAPS

4

- Keep abdominals tight to minimize hip movement
- Modification: Perform with knees on the ground
- Advanced: Add a plank jack in between every 2 shoulder taps

5 30 MOUNTAIN CLIMBERS

- Position shoulders directly over wrists and keep core engaged
- Modification: Perform slower, keep intentional knee drive into chest



REST, HYDRATE + REPEAT

6

- Rest 1-2 minutes
- Drink water
- Repeat the circuit again for a full 10 minute workout

BENEFITS OF AEROBIC EXERCISE

- Lowers blood pressure
- Reduces the risk of heart disease
- Helps to control blood sugar levels
- Strengthens the immune system
- Helps to regulate weight