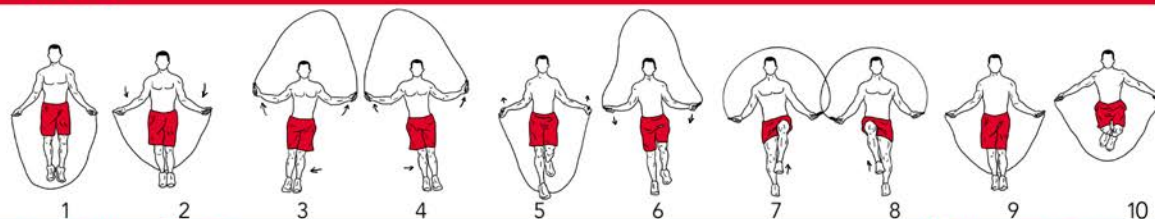


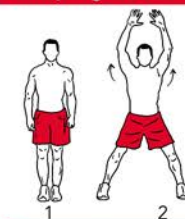
# Cardio Exercises

HomeGym 101

Jump Rope



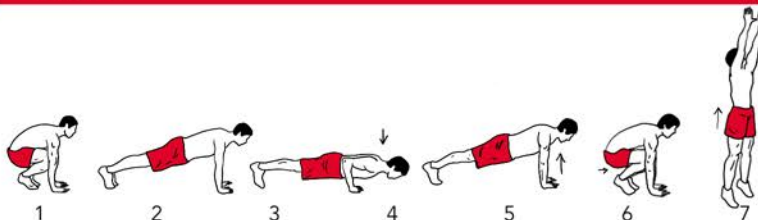
Jumping Jacks



Jog in Place



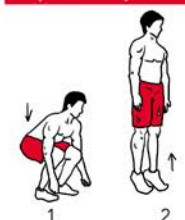
Burpees



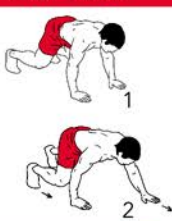
Mountain Climbers



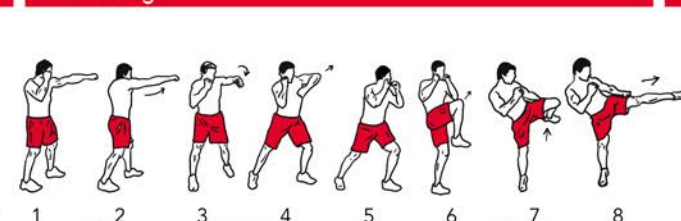
Squat Jumps



Bear Crawl



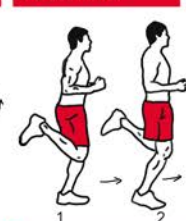
Kickboxing



High knees



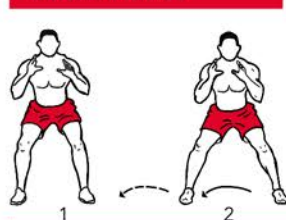
Butt kicks



Vertical jump



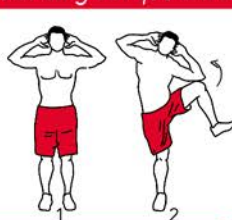
Lateral shuffles



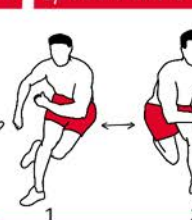
Crab walk



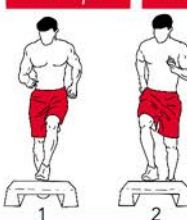
Standing oblique crunch



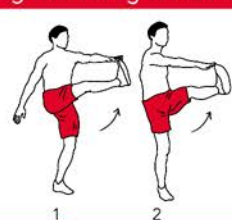
Speed skaters



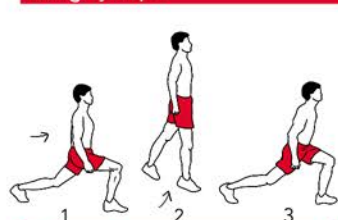
Toe taps



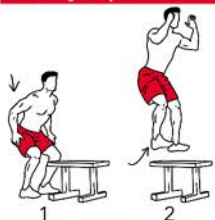
Standing alternating toe touches



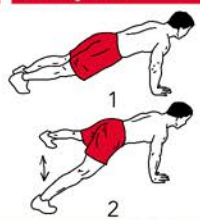
Lunge jumps



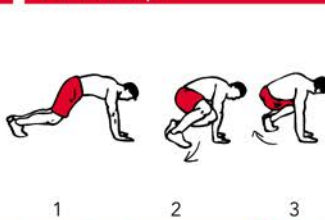
Box jumps



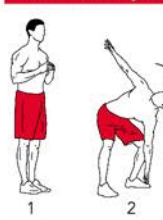
Plank jacks



Plank ski hops



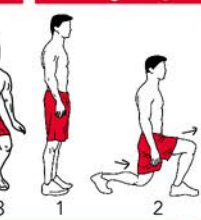
Rotational jacks



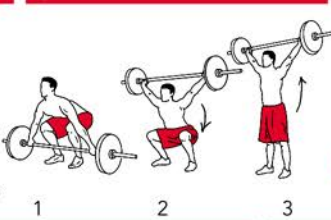
Diagonal jumps



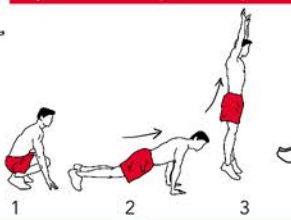
Walking lunges



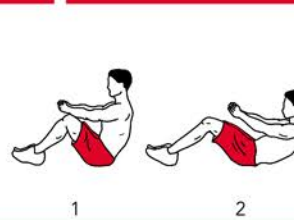
Split snatches



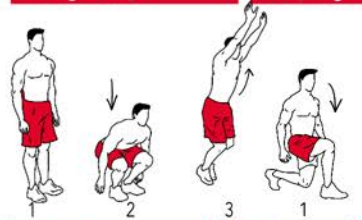
Squat Thrust Split Jumps



Rollbacks



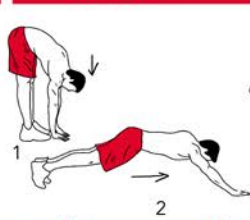
Frog Jumps



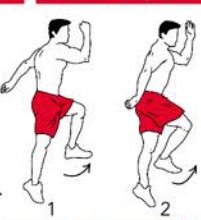
Jumping Split Squat



Inchworm



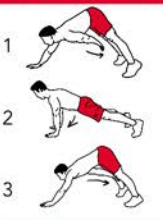
Power skip



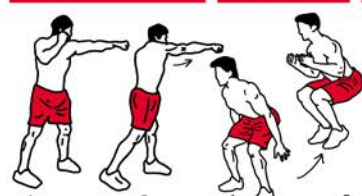
Uppercut



Plank to knee tap



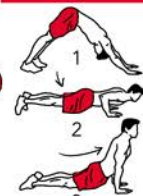
Punch



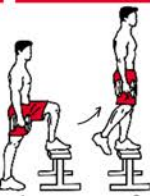
Tuck jumps



Diver's push-up



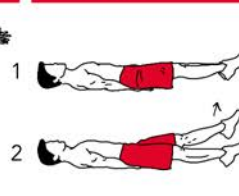
Step-up



Single-leg hop



Flutter kick



Donkey kick

