

Release those Endorphins!

Some Interval Structures:

Interval Name	Intervals	Rounds	Time
Tabata	20 seconds on 10 seconds off	8	4 minutes
Pyramid	30 seconds on 30 seconds off 1min on 30 seconds off 1.5 min on 30 seconds off etc.	6	16 minutes
HIIT	60 seconds on 10 seconds off	8	9 min, 20 seconds
HIIT	45 seconds on 15 seconds off	8	8 minutes

Insert any of the exercises below into slots in the above interval structures. You might want to think about alternating cardio with strength training or arranging the intervals so that it gives certain muscles a rest after using them. Or not, which makes it more challenging.

Bodyweight exercises requiring no equipment*:

Mountain climbers

Vertical mountain climbers

Burpee

Squat

Plie Squat

Squat Jump

Frog Jump

Front Lunge

Back Lunge

Jump Lunge

Side Lunge

Jumping Jacks

Jump rope
Silly Jacks
Skaters
Heisman
Moving Heisman
Football Feet
Floor-touch switch
Plank- c
Plank jack- c
Walking plank- c
Plank- jump in and out - c
Push up
Spiderman push up
Air boxing (different punches: jab, upper-cut, hook, elbow, cross)
Kicking (side kick, front kick, back kick)
Jump kick
Wall sit
Skiers
Scissors
High Knees
Running in place
Butt-kicks
Bridge hold
Bridge with one leg
Russian twist- c
Bicycle- c
Crunch- c
Sit-up- c
Leg lifts- c
V-sit- c
Superman- c
Scissor kicks- c
Rowboat- c
Box jump
Star jump

* anything with jumping is high impact. If you have knee pain, there are modifications to reduce the impact.

C - focus on core, though many of these exercises target a number of areas