



Cardio Spurt Exercise Program – 40 seconds work / 20 seconds rest / 3 rounds repeated twice

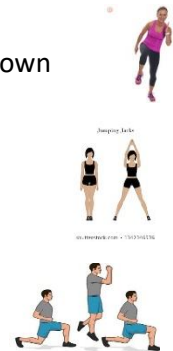
Warm up - 5 minutes:

A must! Start with a walk, to knee ups, to a light jog. Add arm swings, small at first and increase the range of motion for the swings. Not too vigorous, you are only warming up the joints and muscles and slightly increasing the heart rate.

Repeat each round twice.

Round 1:

- Runs with high knee Slaps (or low intensity - alternating knee up with arm pull down motion)
40 Seconds hard work – rest 20 seconds – Repeat
- Jumping Jacks – (or low intensity – alternating side toe taps with arms side lifts)
40 Seconds hard work – rest 20 seconds – Repeat
- Stride Alternating forward jump leaps – (or low stride backs with chest press forward arms)
40 Seconds hard work – rest 20 seconds -Repeat
- Bunny Hops in a low squat – (or low intensity – low squat lifts)
40 Seconds hard work – rest 20 seconds – Repeat



Round 2:

- Box Jumps to the Right (or low intensity – step right, back, side left, step forward)
40 Seconds hard work – rest 20 seconds – Repeat
- Mountain Climbers (or low – slow down speed and take a break)
40 Seconds hard work – rest 20 seconds – Repeat
- Box Jumps to the Left (or low intensity – step left, back, side right, step forward)
40 Seconds hard work – rest 20 seconds – Repeat
- Mountain Climbers (or low – slow down speed and take a break)
40 Seconds hard work – rest 20 seconds – Repeat



Round 3:

- Squat Alternating Knee lifts (or low intensity – squat only)
40 Seconds hard work – rest 20 seconds – Repeat
- Squat Star Jumps (or low intensity – squat and while arm reach up and out diagonally)
40 Seconds hard work – rest 20 seconds – Repeat
- Forward Long Jump Leap/turn and Forward Long Jump Leap back (or low intensity step forward / turn and step back)
40 Seconds hard work – rest 20 seconds – Repeat





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Work us in... We'll work you out

- Double Leg Side to Side hops (or low intensity-single leg step side to side)
40 Seconds hard work – rest 20 seconds – Repeat



Recovery and Stretch!



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