

Cardio



WORKOUT

10
MIN

BODYWEIGHT

WARM-UP (3–4 MINUTES, NOT INCLUDED IN WORKOUT TIME)

30s Jumping jacks
30s High knees
30s Butt kicks
30s Arm circles
30s Hip circles
30s Bodyweight squats
30s Inchworms

WORKOUT

FORMAT:

40s work / 20s rest, 1 min rest between sets repeat circuit twice (~10 minutes)

1. Step jacks (low-impact jumping jack variation)

2. Alternating knee lifts

3. Side-to-side lunges with arm reach

4. March in place with arm swings



HOTEL ATHLETE