

CARDIO

AT HOME

NO EQUIPMENT. ALL YOU NEED IS YOU.

Get your heart rate up. Burn calories. Feel unstoppable.

This no-equipment cardio routine will improve your endurance, boost your energy, and help you feel your strongest.

Do it your way, at your pace.

**NO GYM.
NO EXCUSES.
JUST YOU.**



NO EQUIPMENT

Just your body and commitment.



20-30 MINUTES

Perfect for any schedule.



CONSISTENCY

Small efforts. Big results.

REPEAT 3-5 ROUNDS

Rest 30-60 seconds between exercises.

1 HIGH KNEES



🕒 45 SECONDS

Drive your knees up. Keep your core tight.

2 JUMPING JACKS



🕒 45 SECONDS

Jump with control. Keep moving.

3 MOUNTAIN CLIMBERS



🕒 45 SECONDS

Drive your knees fast. Stay strong.

4 SPEED SKATERS



🕒 45 SECONDS

Push side to side. Stay low and powerful.

5 BURPEES



🕒 45 SECONDS

Squat, kick back, push up, and jump. Full body.

6 HIGH KNEE RUN IN PLACE



🕒 45 SECONDS

Pick up the pace. Finish strong.



PRO TIP

Stay hydrated. Focus on your breath. Push yourself, but listen to your body.



MODIFY AS NEEDED

Take breaks if you need them. Your pace, your workout.

Phelicia Gomez

PERSONAL TRAINER
FITNESS NUTRITION SPECIALIST

YOU DON'T NEED EQUIPMENT.
YOU JUST NEED DETERMINATION.

YOU GOT THIS.

