

15 Minute Cardio Strength Workout

Instructions:

This is a circuit-style workout. If you are a beginner, complete the first four exercises for the recommended amount of time and then take a small break. Repeat the first 4 exercises for 3 sets. Then do the 5th power exercise for a minute, then take another 30-60 seconds break. This counts as one block. After you finish the first block, move to the second block shown on the 2nd page of this workout PDF guide.

If you are more advanced, do not take a break until you have completed all 3 sets and a power exercise in the first block. Take a break between 30 to 60 seconds then begin the next block. You can also increase the sets to 4 to 6 for a longer workout if you wish. Follow the workout with stretches to kick start recovery, maximize results and help prevent injury.

Exercises in this workout:

- Cardio
- Diamond Push up
- Burpies
- Push up
- Plank
- Bodyweight Squat
- Bodyweight walking lunges
- Flutter Kicks
- Jumping Jacks

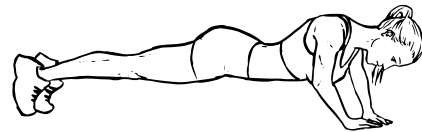
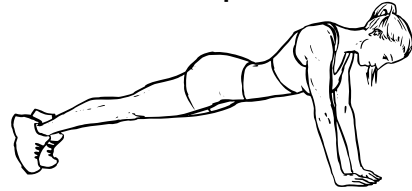
15 Minute cardio strength training

Cardio – Running / Jogging / Treadmill



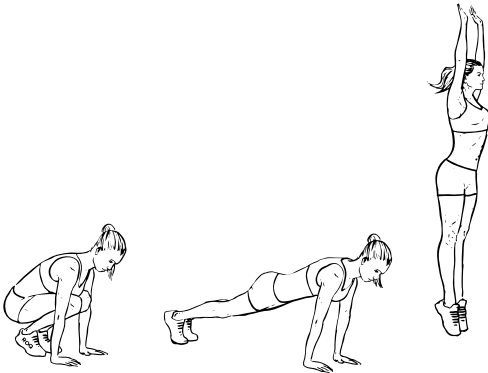
3 sets 30 seconds

Diamond / Pyramid / Triceps Push-ups / Pushups



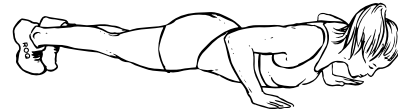
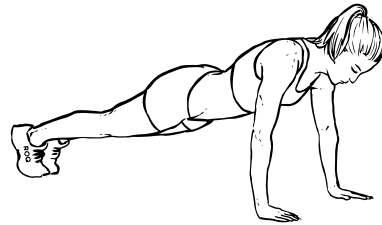
3 sets 30 seconds

Burpees / Squat Thrusts



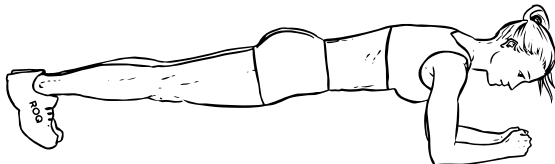
3 sets 30 seconds

Push-ups / Pushups



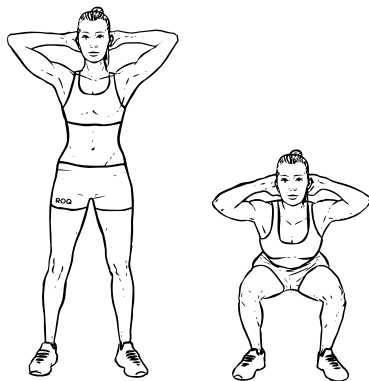
3 sets 30 seconds

Plank



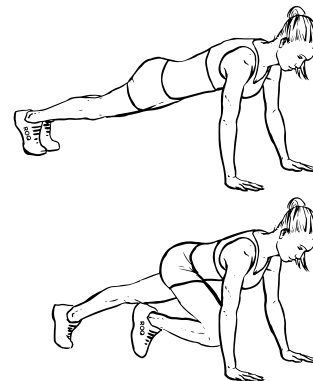
1 sets 60 seconds

Bodyweight Squats



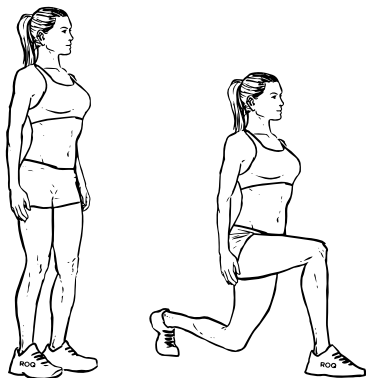
3 sets 30 seconds

Mountain Climbers / Alternating Knee-ins



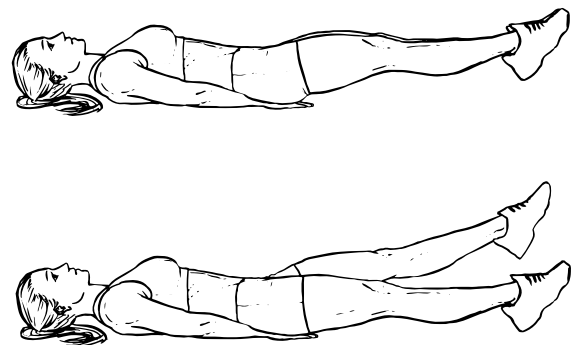
3 sets 30 seconds

Bodyweight Walking Lunges



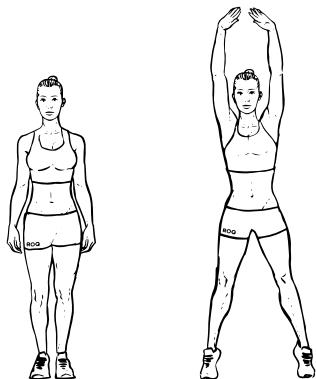
3 sets 30 seconds

Flutter Kicks



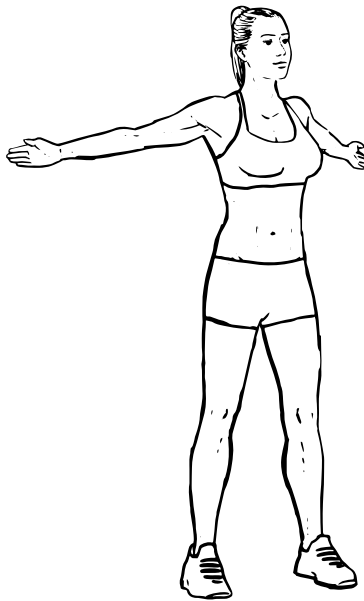
3 sets 30 seconds

Jumping Jacks / Star Jumps



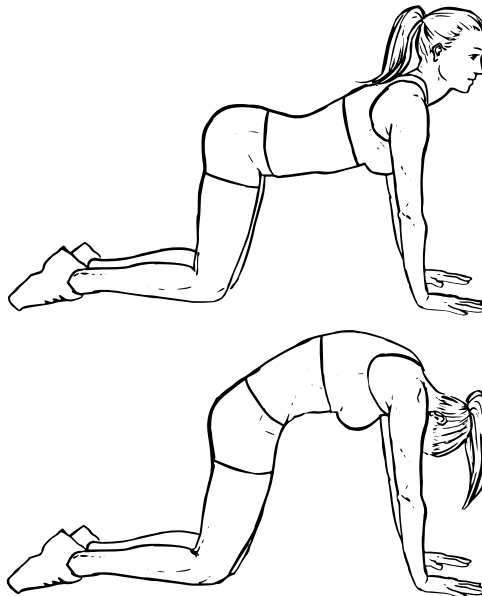
1 sets 60 seconds

Wide Arm Chest Stretch / Reverse Butterfly Stretch



1 sets **30** seconds

Cat Back / Backward Camel Stretch



1 sets **30** reps