

Backyard Cardio + Toning Workout

Why we love this workout? It is quick, hits your full body, you don't need much space or equipment, and you can do it outside!

You'll Need:

- Any outdoor space such as your backyard or nearby park (you can complete this indoors, but taking it outdoors is a great option too!)
- Stopwatch or cell phone for time
- Set of dumbbells (5, 8, or 10 lbs)
- Water

Keep in Mind:

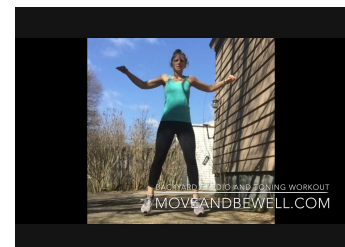
- It's best to do this workout in the morning or evening during cooler hours.
- Avoid direct sun and make sure to hydrate before your workout. Use sunblock!
- Take lots of water with you and drink it throughout.
- Preview the quick-view video of this workout ahead of time.
- Print out the workout to take with you.
- Complete desired round of exercises, see below.

Step-by-Step:

1. Warm-up: 30 seconds of the following dynamic movements, repeat twice

- Jogging in place
- High knees or marching in place
- Hamstring Curls
- Side Shuffle

2. 60 seconds of box jacks



3. 60 seconds of squat with punch variations

