## Kickstart Cardio

### Workout 1: Low Impact
30 sec on, 30 sec off

- Lunge back with knee drive
- Push-up to side open
- Butterfly squat
- Kick ups
- Side steps with jumping jack arms

Repeat 3 - 5x through

### Workout 2:  
30 sec on, 30 sec off

- Ski jumps with touch down
- Scissor run
- Prisoner squats
- Bicycle crunch
- Jump squats
- Push-up with shoulder taps

Repeat 3 - 5x through

### Workout 3:  
30 sec on, 30 sec off

- Jump lunge
- Glute bridge with toe taps
- Half burpees
- Plank walkout
- Superman with arm circle
- Toe taps

Repeat 3 - 5x through

If you get tired, learn to rest not quit