

MOVE IT! MONDAY

Best Home Cardio Exercises & No Equipment is Needed!



Exercising at home is an attractive option, offering convenience as well as a way to save money and time. The real issue is how to create effective home workouts when you don't have much space or equipment.

You do have to be creative if you exercise at home, but there are a wide range of effective and accessible cardio exercises you can do to get in shape, burn calories, and lose weight. Below are some of my favorite home cardio exercises you can do anytime, anywhere.

- **Jumping Jacks**

What: Repeatedly jumping the feet wide while circling the arms overhead, then back again

Why: Jumping jacks burn about 100 calories in 10 minutes. No special equipment or skills are needed

Requirements: A good pair of shoes, a conditioned heart, and a sturdy floor

- **Jump Rope**

What: Turning a rope with handles repeatedly while jumping over it and (optional) chanting rhymes .

Why: It's great cardio, burning about 220 calories in 20 minutes. Jump ropes are inexpensive, travel well, require no special skills, and can be used anywhere you have the space .

Requirements: A jump rope, a good pair of shoes, patience, and practice.

- **Jogging in Place**

What: Jogging in a stationary position

Why: It's simple, accessible, gets the heart rate up and is a great way to warm up for more intense exercise

Requirements: A good pair of shoes and a sturdy floor

- **Burpees**

What: Squatting to the floor, jumping the feet to a plank position, jumping back in and standing up

Why: It's a killer cardio exercise, burning 100 or more calories in 10 minutes (if you can stomach 10 minutes of this exercise)

Requirements: A good pair of shoes, experience with high impact exercise, an iron will

- **Mountain Climbers**

What: From a pushup position, running the knees in and out

Why: Mountain climbers raise the heart rate while building strength and endurance in the core. No special skills are needed

Requirements: Strong wrists and a floor

- **Squat Jumps**

What: From a squat position, jump as high as you can, landing back into a squat

Why: Squat jumps are a plyometric exercise that will raise the heart rate, burn calories, and increase power in the legs. No special skills are needed

Requirements: Happy knees, experience with high impact exercise, a good pair of shoes, and a floor

- **Bear Crawls**

What: Squatting to the floor, walking the hands out to a pushup, walking the hands back. and standing up...like a bear

Why: They get the heart rate way up while building strength and endurance