

# SickFit Bootcamp Brings You Fit In 15 Pure Cardio #1

For this workout, there are 10 unique Cardio exercises that are intended to get your heart rate high and keep that breathing rate up. Two of the exercises require a jump rope, however, you can modify the Jump Rope portions with “pretent” jump roping and/or Jumping Jacks. This workout is designed with very little rest. Each exercise is 42 seconds with a quick 3 second transition making each exercise 45 seconds. You will do 2 rounds of this circuit.

**YouTube:** <http://www.youtube.com/watch?v=cgYFJWCa1Z8>

## **Exercise Format**

10 exercises x 45 seconds = 7.5 minutes

You want to do 2 rounds total

*\* In the video, I set my [gymboss timer](#) at 3 seconds rest/42 seconds of work for 10 rounds.*

## **Exercises**

1. Fast Feet Down/Ups
2. 1-2-3 Heismans
3. Tuck Jump Burpees
4. Jump Rope
5. Lateral Slide Jumps
6. In/Out Jacks
7. 180 10 High Knees
8. Jump Rope Squat Jacks
9. Ankle Touch Jacks
10. Oblique High Knees