

JUMP AND THRUST CARDIO CIRCUIT

Warm-Up:

Initiate your workout with a 5-10 minute warm-up session that includes light cardio exercises such as jogging in place, arm circles, and dynamic stretches.

Main Workout:

1. Jump Rope - 1 Minute

- Begin with 1 minute of continuous jump rope. Maintain a steady pace and focus on proper form.
- Ensure the rope passes smoothly under your feet with each jump.

2. Squat Thrusts - 30 Seconds

- Without resting after the jump rope, perform squat thrusts for 30 seconds.
- Start in a standing position, squat down, place your hands on the ground, jump or step your feet back into a plank position, then jump or step your feet forward and stand up explosively.

3. Jump Rope - 30 Seconds

- Immediately transition back to the jump rope for another 30 seconds without resting.
- Keep up the intensity and rhythm during this short interval.

4. Squat Thrusts - 30 Seconds

- Following the 30 seconds of jumping rope, perform another round of squat thrusts for 30 seconds.

5. Repeat the Circuit

- Continue alternating between 1 minute of jump rope and two 30-second sets of squat thrusts.
- Aim to complete six cycles of this circuit.

Cooldown:

After finishing the circuit, allow yourself 5-10 minutes to cool down. Perform static stretching exercises, focusing on the legs, arms, and core muscles.

Schedule:

You can incorporate this workout 2-3 times a week into your routine, ensuring at least one day of rest between sessions to allow for proper recovery.

Important Note:

- Pay attention to your form during the squat thrusts to prevent injury.
- Keep a steady pace throughout the jump rope intervals, but if you need to rest briefly, do so, then continue.
- Stay hydrated and listen to your body; if you feel excessively fatigued or experience discomfort, consider modifying the intensity or taking longer rest periods.