



The days are getting shorter, and when it's dark by 6 p.m., you might feel less motivated to workout. Instead of using the early sunset as an excuse to head home to your couch, opt for an afternoon workout. Store your sneakers under your desk and use your lunch break to power walk.

You can also try this quick cardio workout for a burst of energy when you get home in the evenings.

1. Start with five minutes of jogging in place or jog around the house from room to room.
2. Next, do one minute of jumping jacks.
3. Finish with 30 seconds of power squat jumps. To do a power square jump, squat down and then jump up in the air with both feet.

Keep the jogging at a moderate pace, and do the jumping jacks and the squat jumps with every ounce of energy you've got!

