



What can I do to add variety to my cardio workout?

Dynamic, equipment-free moves like the jump squat are an excellent way to spice up your cardio workout. Stand with your feet shoulder-width apart, knees slightly bent. Bend your legs to sink into a squat. Once you've squatted as much as you can, explode upward into the air, raising your arms overhead to help you gain height. Land with soft knees and sink back into your squat. Repeat.

