

TLS® Cardio Routine: Weeks 8–12

Perform each exercise one after another only resting when you need to. Keep the resting to a minimum and when resting, do not stand still. Walk in place or step side, to side but do not stand still. The goal is to keep your heart rate elevated. By now you are four weeks into doing cardio, and it is time to step it up a notch or two. You should start pushing yourself a bit more now if your health condition allows for it.

Equipment: None

Start with TLS® Dynamic Warm Up

Exercise	Duration	Instructions
Warm Up: Step Touches	30 Seconds	1. Modified jumping jack
Warm Up: Full Jumping Jacks	30 Seconds	1. Regular jumping jack
Warm Up: Modified Jumping Jacks	30 Seconds	1. Perform these jumping jacks with your arms parallel to the ground, opening and closing in front of you.
Warm Up: Modified Jumping Jacks	30 Seconds	1. Perform these jumping jacks with your arms parallel to your body, moving up and down in front of you.
Warm Up: Regular Jumping Jacks	30 Seconds	1. Regular jumping jack, clapping your hands over your head and then behind your body. *Really use your arms to get your heart rate going during all jumping jacks.

Consult your physician before starting this or any other exercise program. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this program if your physician or healthcare provider advises against it.

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Exercise	Duration	Instructions
Side Lunge with Windmill Arms	60 Seconds	<ol style="list-style-type: none"> 1. Stand with your legs wide, arms straight out to the sides and parallel to the floor. 2. Bend your right knee into a side lunge, and bring your left arm down towards your foot. 3. Come back up, rotating your arms, and lunge to the left, bringing your right arm down towards the floor. 4. Continue lunging side to side (your arms will continue to move like a windmill). <p>*The faster you go and the lower you lunge, the harder it is.</p>
Jogs	60 Seconds	<ol style="list-style-type: none"> 1. Jog in place while pushing your arms overhead like a shoulder press. Try to kick your heels high, as if you are kicking your own butt, and really use the arms to raise the heart rate. You can also jog around the house or the block.
March or Walk	30-60 Seconds	<ol style="list-style-type: none"> 1. Walk around the house or march in place.
High Jogs	30 Seconds	<ol style="list-style-type: none"> 1. Bring your knees up high, to waist level if you can. 2. Land on the balls of your feet, and keep your knees bent to absorb the impact.
Side Lunge with Windmill Arms	30 Seconds	<ol style="list-style-type: none"> 1. Same as above.
Speed Skaters	60 Seconds	<ol style="list-style-type: none"> 1. Start with feet together and jump to the right, landing on your right foot. 2. Immediately take another lateral jump to the left. 3. Keep jumping from side to side, keeping your jumps low to the floor and swinging your arms to add intensity. 4. Jump as far as you can each time.
Heel Digs	60 Seconds	<ol style="list-style-type: none"> 1. Start with feet together. Jump up and land on right leg with your left heel straight out in front of you on the floor. 2. Jump up and switch legs, landing on your left leg and bringing your right heel in front of you. 3. Keep your body low to the ground – the higher you jump, the harder it is.
March or Walk	60 Seconds	<ol style="list-style-type: none"> 1. Walk around the house or march in place.
Regular Jumping Jacks	60 Seconds	<ol style="list-style-type: none"> 1. Regular jumping jack, clapping your hands over your head and then behind your body.

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Plyo Jacks	30 Seconds	<ol style="list-style-type: none"> 1. Begin with your feet together and jump up, taking feet out to the side, landing in a low squat. 2. Jump up and bring your feet back together (a very slow jumping jack). 3. Swing your arms overhead to add intensity. 4. Do this for 30 seconds, rest and then repeat for additional 30 seconds.
Ice Breakers	60 Seconds	<ol style="list-style-type: none"> 1. Begin with feet wide. 2. Jump up and land in a wide squat while swinging your right arm around, over your head and down in a chopping motion. 3. Repeat the jump, chopping with your left arm.
March or Walk	60 Seconds	<ol style="list-style-type: none"> 1. Walk around the house or march in place.
Jogs	60 Seconds	<ol style="list-style-type: none"> 1. Jog in place while pushing your arms overhead like a shoulder press. Try to kick your heels high, as if you are kicking your own butt, and really use the arms to raise the heart rate. You can also jog around the house or the block.
Squat-Thrust	60 Seconds	<ol style="list-style-type: none"> 1. Stand with feet together. 2. Squat down and place your hands on the floor next to your feet. 3. In an explosive movement, jump feet backwards into a push-up position. 4. Jump feet between hands and stand up. <p>*Perform 6 Reps, march in place for 30 seconds as a brief recovery, repeat 6 more times.</p>
March or Walk	60 Seconds	<ol style="list-style-type: none"> 1. Walk around the house or march in place.
Cross-Country Ski	30 Seconds	<ol style="list-style-type: none"> 1. Begin with feet together. 2. Jump up bringing the right foot forward, left foot back. 3. Quickly switch feet while alternating the arms with the legs (left arm comes up when the right foot goes back).
Jump Kicks	60 Seconds	<ol style="list-style-type: none"> 1. Stand with feet together. 2. Raise the right knee to waist level and then jump, switching legs and kicking out with the left leg (in a knee-up-kick pattern). 3. Switch back and forth between legs.

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Exercise	Duration	Instructions
Plyo Lunge	30 Seconds	<ol style="list-style-type: none"> 1. Begin in lunge position, right foot forward, left foot back, both knees at 90 degree angles. 2. Jump up and switch feet in the air, landing in a lunge with left foot forward, right foot back. <p>*Perform for 30 seconds, rest and repeat another 30 seconds.</p>
Side Kicks	60 Seconds	<ol style="list-style-type: none"> 1. Stand with feet together. 2. Transfer your weight to the right leg, making sure your foot is out at an angle to protect your knee. 3. Bring the left knee up and in towards the body as you look to the left, leaning the torso to the right. 4. Extend the left leg out in a kick without locking the knee. 5. Lower back down and repeat on the other side, alternating sides.
Front Kick with Squat	30 Seconds	<ol style="list-style-type: none"> 1. Stand with feet shoulder distance apart. 2. Bring the right knee up and extend the leg in a front kick (don't lock your knee!) 3. Lower down into a low squat (knees behind toes) then kick with the left leg. <p>*Repeat</p>
Lunge with Chop	30 Seconds	<ol style="list-style-type: none"> 1. Step forward with right foot into a low lunge (front knee behind toe, both knees bent to 90 degree angles) while simultaneously bringing left arm down towards the floor in a chopping motion. 2. Step back and repeat for 30 seconds. 3. Switch to the other side and repeat for 30 seconds.
March or Jog	60 Seconds	<ol style="list-style-type: none"> 1. Walk around the house or march in place.
Power Jumps	60 Seconds	<ol style="list-style-type: none"> 1. This is your last exercise! Begin with feet together. 2. Bend the knees and jump as high as you can while circling your arms overhead. 3. Land with soft knees in a squat.
Cool Down	60 Seconds	<ol style="list-style-type: none"> 1. Walk around the house or march in place.

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