

Best Cardio Workouts You Can Do At Home

Cardiovascular exercise is the exercise that gets your heart rate up, makes you breathe rapidly and deeply, and sweat.

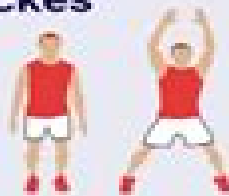
1

Burpees



2

Jumping Jackes



3

Kickboxing



4

Running the Stairs



5

Jump Rope



6

Squat Jumps



7

Dancing



8

Jogging in Place



Cardio Physical Exercise Quick Guide

Lei Shi



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