



TRAINERDIVA

PROFESSIONAL IN-HOME PERSONAL TRAINING

TrainerDiva's 10 Minute Fat-Burn Home Cardio Circuit

Jog in place	2 minutes	Start with a moderate tempo then after 30 seconds increase the tempo for the remainder of the time.
Jump rope	2 minutes	Maintain alignment in your spine and shoulders while jumping rope. Try not to shrug too much!
Two step-stair climb	2 minutes	Step fully onto each step landing on your heel as much as possible.
Jog in place	2 minutes	Start with an intense tempo for 15 seconds then return to moderate for the remainder of the time.
Stair lunge/Step Up	1 minute	After lunging onto the step, stand up on one leg but keep your trailing leg behind you. Squeeze your glutes!
Squat jumps	1 minute	Perform a squat. (Click here for a reminder of correct form.) Jump with your arms straight in front of you and land in a squat.

www.trainerdiva.com

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