

20 Minute Lower Body Cardio Mix (Bodyweight)

Description: This lower body session is designed to target your glutes, hamstrings, calves and abductors, while weaving in cardio movements to increase your heart rate and aerobic endurance! Try to discover your 8 on a scale of 1 to 10.

Club Area: Functional Training Area

Equipment Needed: Platform

Judgement Free Tip: Controlling your breathing throughout your routine is critical for supplying your muscles with proper oxygen and reduces the risk of overexertion due to hyperventilation.



Need Help?

All our exercises can be found on the PF App. Just click on 'Workouts' then 'Tutorials' and search for the exercise you want. It's that easy!

Warm-up/30 sec each

1. Knee Huggers
2. Trunk Rotations
3. Air Squats
4. Bend & Reaches

Main Workout (60:30:30)

For each strength exercise perform the movement for 60 seconds, followed immediately by 30 seconds of the cardio exercise. After the full 60 seconds of work, then rest for 30 seconds before moving onto the next exercise.

- Strength: Squat to Calve Raise
+ **Modification** - Reduce the range of motion on the squat to 3/4
- Cardio: Step-ups
+ **Modification** - Perform at a slower pace
- Strength: Alternating forward lunges
+ **Modification** - Reduce the range of motion and do a 3/4 lunge
- Cardio: Toe Taps
+ **Modification** - Perform at a slower pace
- Strength: Alternating Reverse Lunges
+ **Modification** - Reduce the range of motion and do a 3/4 lunge

- Cardio: Knee lifts
+ **Modification** - Perform step-ups without the knee drive
- Strength: Lateral Lunge
+ **Modification** - Reduce the range of motion and go to 3/4 depth
- Cardio: Squat Jumps
+ **Modification** - Perform a squat to calve raise instead of jumping
- Strength: DB Biceps Curl
+ **Modification** - Use a lighter weight and slow your pace
- Cardio: High Knees
+ **Modification** - Perform at a slower pace
- Strength: Bent Knee Glute Bridge
+ **Modification** - Perform the movement at a slower pace
- Cardio: Mtn. Climbers
+ **Modification** - Perform at a slower pace

Cool-down/30 sec each

1. Standing quad stretch
2. Standing hamstring stretch
3. Standing calf stretch
4. Standing trunk twists