



Your Cardio Plan

Holistically Fit Squad
Exclusive

What to do
When to do it
How to get results



Things to remember

1. I don't recommend JUST doing cardio. Please add this guide onto your current training programming
2. The key to cardio is to change it up often, that way, you don't get bored and your body does not adapt to your routine. You always want to keep your body guessing!
3. ALWAYS stretch after. Don't make my mistakes. I spent years not stretching after workouts and I'm paying for it now.
4. Always warm up! A 5 minute walk or 50 jumping jacks!



Beginner

Just because this says beginner, does not mean this is easy. In fact, I want everyone to start here no matter how many marathons you've ran.

I want you to complete 2-3 workouts per week. Start with 2, work your way to 3. You might stay here for a long time. Meaning, you might only want to do 2 HIIT workouts a week. That's fine and I don't blame you!

Form over everything. This is not a race. No one is grading you. Some of these workouts might be harder than others for you. That's okay!!

It doesn't get easier, you just get better.

Your Workouts

30 seconds each

2-3 rounds

1 minute rest between rounds

Jump Squats
Toe Taps
Reverse Lunge to jump
Squat - toe tap

Kettlebell circles with towel
Mountain climbers
In Outs
Ankle bitters
Plank jacks

Battle Ropes
Plant shoulder taps
Box Jumps
Step Ups w/ kick back
(each side for 30 seconds)

Treadmill Workout
1 minute run
30 sec walk
Repeat 10 times
*you're not sprinting, just
running*

Your Workouts

2-3 rounds

1 minute rest between rounds

12 Kettlebell Swings
12 band walks each side
10 Squat - side leg lift
10 Squat Kicks

Criss cross abs
Quick feet (football shuffle)
Butt kicks
High Knees
30 seconds each
2 rounds

Push up - side plank
Alternating back lunges
Side kicks
Jumping jacks
(each side for 30 seconds)

Treadmill Workout
2 minute HIGH incline walk
1 minute low incline walk
Repeat 6 Times

Intermediate

Don't be scared!! I would suggest making sure you can get through 3 rounds of the workouts above before you try these.

OR

Start with just one round of these workouts after you lift.



Your Workouts

40 seconds each move, 3-4 rounds

45 sec or 1 minute rest between
rounds

Lizard Jumps
Burpees
Side plank elbow taps
Narrow Squat taps

Squat in - out jumps
Quick feet (football shuffle)
Curtsy Lunge
High Knees

Double Leg lift
Plank jacks
High Knees
Squat Jumps

StairMaster Workout
3 Minutes level 2
7 Minutes level 5
1 minute level 2
2 minutes level 8
1 minutes level 10
2 minutes level 8
2 minutes level 6

Your Workouts

40 seconds each move, 3-4 rounds

45 sec or 1 minute rest between
rounds

Scissors Jacks

Kneel to Stand (right leg leads)

Kneel to stand (left leg leads)

Glute Bridges

Hop Overs - side to side
Quick feet (football shuffle)

Air jacks or star jacks

Squat hold punches

Mountain climbers

Side plank

Other side plank

Jumping lunges

Steady State day

Do this once every 2-3 weeks
to change things up

Stair Master

30 minutes on levels 5-10

Make sure to use #holisticallyfitsquad on social media! We love to see what you're doing

I post exercises on @kelseygoodenvideos on instagram

If you're confused on what different exercises are check there!

I use the hashtag #kg(enter exercise)

