



# Beginner Cardio Guide

*8 no-equipment moves to boost your heart, mood & metabolism*



Cardio doesn't mean punishing yourself on a treadmill.  
It means moving in ways that get your heart pumping — even for just 10 minutes.  
These 8 beginner moves need zero equipment and can be done in your living room.

## YOUR CARDIO TARGET

**10-20 minutes · 3-5 days a week**

*Start with 10. Add minutes as your fitness grows.*

## THE 5 CARDIO RULES FOR BEGINNERS

### WARM UP FIRST

Always march in place 2 minutes before other cardio moves.

### LAND SOFT

Bend knees when landing — no locked joints, ever.

### USE THE TALK TEST

You should be able to talk in short sentences, not sing.

### MODIFY WITHOUT SHAME

Low-impact versions burn calories too. Skip the jump.

### HYDRATE + BREATHE

Sip water before + after. Breathe through your mouth if needed.

## WHAT YOU NEED

### → Supportive shoes

Cushioned athletic sneakers — protect your joints.

### → A sturdy step

Stairs, low bench, or aerobic step for step-ups.

### → Water bottle

Sip before + after each session.

### → A little space

About 4x4 feet is plenty.



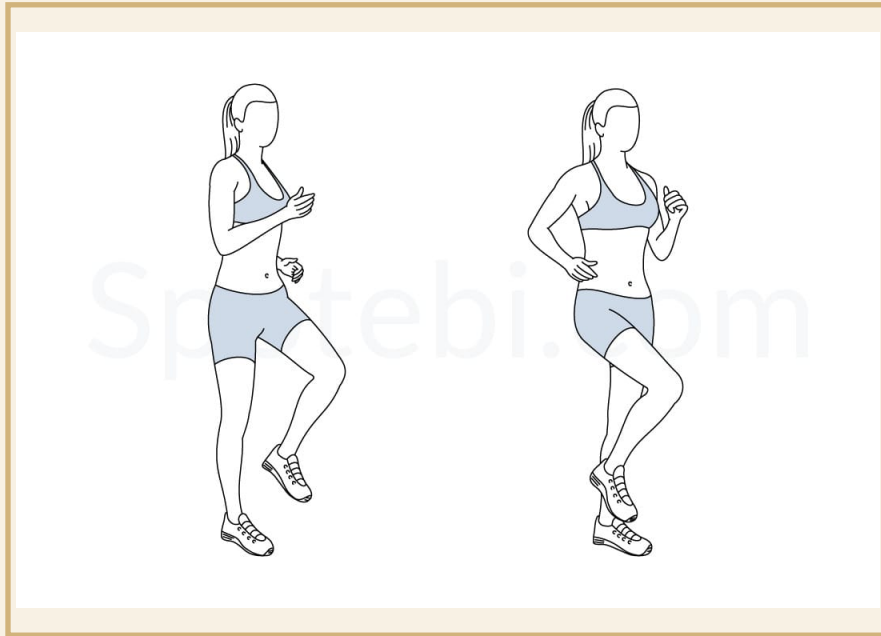


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# March in Place

Warm-up · Gentle heart rate boost · Anyone-can-do

2-5 minutes



## HOW TO DO IT

1. Stand tall with feet hip-width apart.
2. Lift right knee up toward your chest, then plant it down.
3. Alternate with left knee — like walking without going anywhere.
4. Swing opposite arm to leg for natural rhythm.
5. Keep your core gently engaged and gaze forward.

### ★ COACH'S TIP

*The perfect warm-up. Do this before EVERY cardio session — it wakes up joints and muscles.*



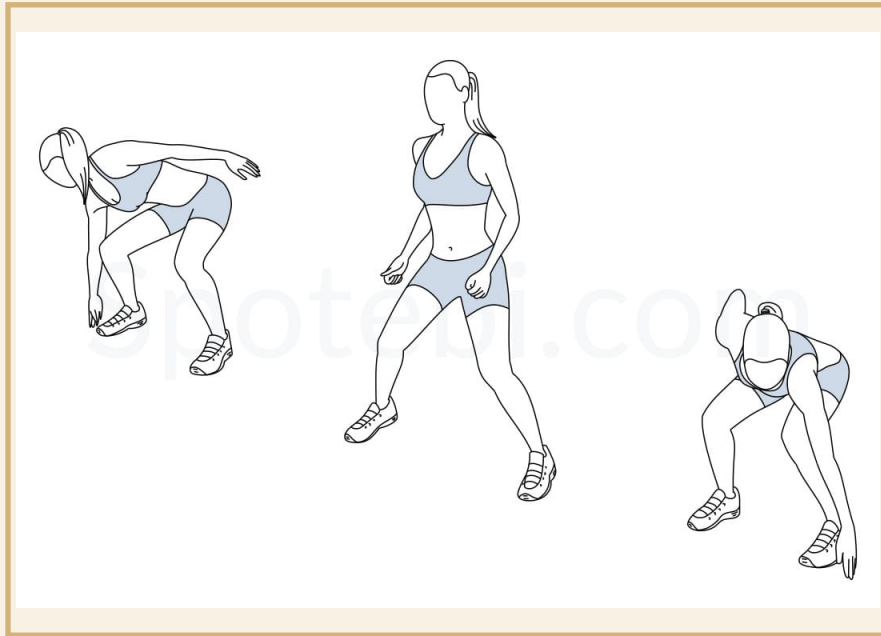


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## Side Shuffles

Heart rate · Coordination · Hip stability

30-60 sec bursts



### HOW TO DO IT

1. Stand with feet hip-width apart, knees slightly bent.
2. Sink into a mini-squat position — like sitting in a low chair.
3. Take 3-4 quick shuffle steps to your right.
4. Then shuffle 3-4 steps back to your left.
5. Keep chest lifted and arms bent at 90° for balance.

★ COACH'S TIP

*Great low-impact option! No jumping, easy on knees, but still gets your heart working.*





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## Step-Ups

Legs · Glutes · Cardio · Balance

1 min each leg



### HOW TO DO IT

1. Stand facing a sturdy step, stair, or low bench (6-12 inches high).
2. Place your right foot fully on the step.
3. Push through your right heel to step up — bring left foot up.
4. Step down with the left foot first, then right.
5. Complete one full minute leading with right, then switch.

#### ★ COACH'S TIP

*Use your bottom stair at home! Free equipment. Great for GLP-1 users needing joint-friendly cardio.*



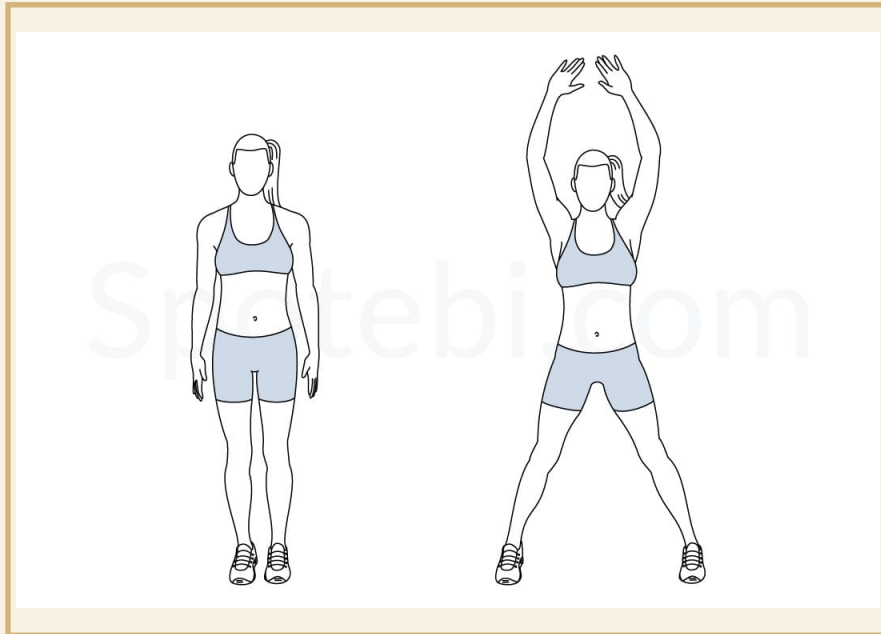


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# Jumping Jacks

Full body · Cardio · Coordination

30-45 sec bursts



## HOW TO DO IT

1. Stand tall with feet together, arms by your sides.
2. Jump feet out wide as you swing arms up overhead.
3. Jump feet back together as you lower arms to sides.
4. Land softly on the balls of your feet with bent knees.
5. MODIFY: Step out to side (no jumping) — same benefit, less impact.

### ★ COACH'S TIP

*Jumping jacks make you feel like a kid again. Do the step-out version if joints hurt.*



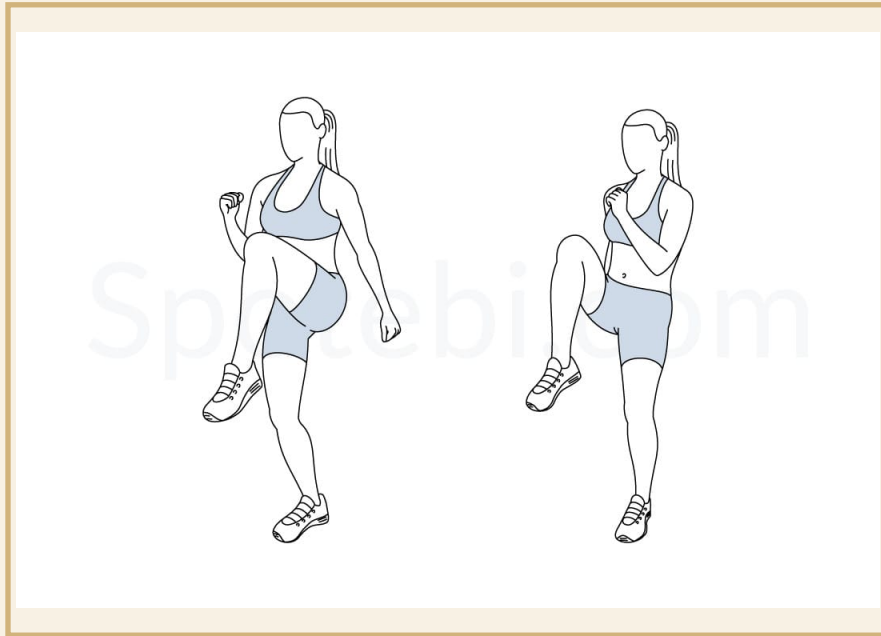


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# High Knees

Heart rate · Core · Coordination

20-30 sec bursts



## HOW TO DO IT

1. Stand tall with feet hip-width apart.
2. Drive your right knee up toward your chest quickly.
3. As it lowers, drive your left knee up quickly.
4. Pump arms in opposition (like running).
5. MODIFY: Slow it down to a marching pace to reduce impact.

### ★ COACH'S TIP

*Aim for hip-height knees, not sky-high. Quality beats altitude every time.*



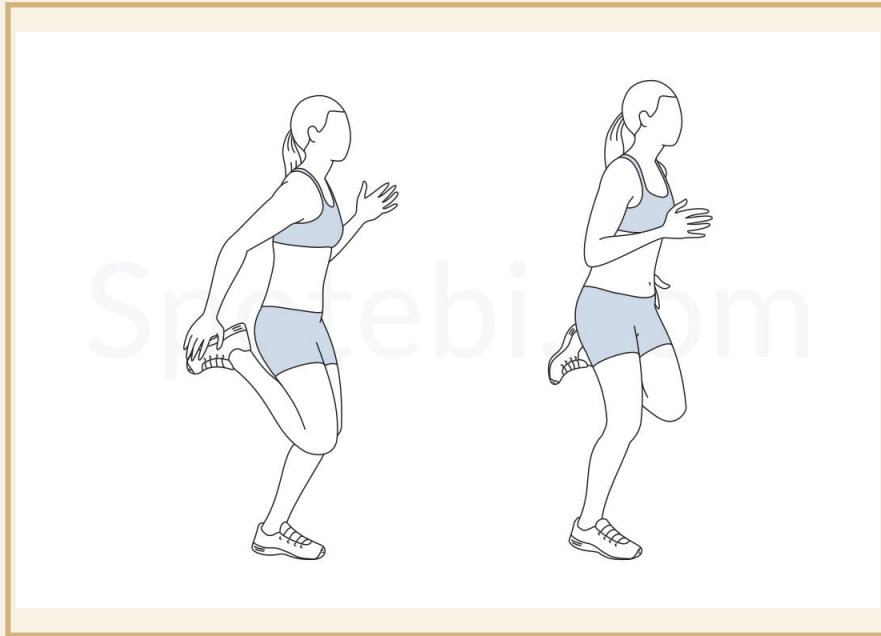


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## Butt Kicks

Hamstrings · Cardio · Warms up run muscles

20-30 sec bursts



### HOW TO DO IT

1. Stand tall with feet hip-width apart, arms bent at 90°.
2. Kick your right heel up toward your right glute.
3. As it comes down, kick your left heel up.
4. Keep it quick — like running in place, but heels going back.
5. MODIFY: Slow it to walking pace, focus on hamstring squeeze.

#### ★ COACH'S TIP

*This one warms up your hamstrings — perfect before walking or any leg work.*





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## Shadow Boxing

Upper body · Cardio · Stress relief

45-90 sec



### HOW TO DO IT

1. Stand with feet shoulder-width apart, one foot slightly forward.
2. Bring both fists up to protect your chin — elbows in.
3. Throw slow controlled punches: jab, cross, jab, cross.
4. Rotate your hip and core with each punch (that's where power comes from).
5. Keep breathing — exhale on each punch.

#### ★ COACH'S TIP

*Amazing for stress. Imagine your worst worry, then punch it out — you'll feel lighter.*





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## Squat Pulses

Legs · Glutes · Heart rate

30-45 sec



### HOW TO DO IT

1. Stand with feet slightly wider than hip-width, toes slightly out.
2. Lower into a squat — hips back, chest up, knees tracking over toes.
3. Once at the bottom, pulse up and down in a small range.
4. Small movement, but intense burn.
5. Keep weight in your heels — don't let knees cave inward.

#### ★ COACH'S TIP

*This burns! Keep pulses small and controlled. Even 30 seconds is a whole leg workout.*





# Ready-Made Cardio Workouts

*3 sample routines to plug and play — no thinking required*

## 10 MIN · BEGINNER

### The Get-Started Flow

|                               |                 |
|-------------------------------|-----------------|
| → March in Place              | 2 min warm-up   |
| → Side Shuffles               | 1 min           |
| → Step-Ups                    | 1 min           |
| → Jumping Jacks (or step out) | 1 min           |
| → March in Place              | 1 min recovery  |
| → Shadow Box Punches          | 1 min           |
| → Side Shuffles               | 1 min           |
| → Squat Pulses                | 1 min           |
| → March in Place              | 1 min cool-down |

## 15 MIN · INTERMEDIATE

### The Sweat Builder

|                                           |                 |
|-------------------------------------------|-----------------|
| → March + High Knees (alternating 30 sec) | 3 min warm-up   |
| → Jumping Jacks                           | 45 sec          |
| → Butt Kicks                              | 45 sec          |
| → Rest / March slow                       | 30 sec          |
| → Step-Ups                                | 1 min each leg  |
| → Shadow Box Punches                      | 1 min           |
| → Squat Pulses                            | 45 sec          |
| → Side Shuffles                           | 45 sec          |
| → High Knees                              | 30 sec push!    |
| → March in Place                          | 2 min cool-down |

## SAMPLE WEEK

|            |                               |
|------------|-------------------------------|
| <b>Mon</b> | 10-min Get-Started Flow       |
| <b>Tue</b> | REST or 20-min walk           |
| <b>Wed</b> | 15-min Sweat Builder          |
| <b>Thu</b> | REST or gentle stretch        |
| <b>Fri</b> | 10-min Get-Started Flow       |
| <b>Sat</b> | 20-min walk + optional cardio |
| <b>Sun</b> | REST — reward day!            |

### ★ COACH'S FINAL WORD

*You don't have to be athletic to do cardio — you just have to start.  
10 minutes today > 60 minutes never.*

*Your heart, mood, and metabolism will all thank you.*

