

8 CALORIE-BURNING EXERCISES IN 8 MINUTES*

Perform each exercise for 1 minute creating an 8-minute circuit



- From standing position, step forward with one foot.
- Slowly shift your weight onto your front foot, lowering your body to a comfortable position.
- Push through the heel of your front foot to stand, then step forward with your back foot to repeat the exercise on the opposite leg.

Modification: Take shorter steps or perform stationary lunges.



- Drop to squatting position and place your hands on the ground directly under your chest.
- Jump your feet back to plank position while keeping your arms extended.
- Jump your feet forward to return to squatting position, then jump up with your arms overhead.

Modification: Walk feet into and out of plank position one at a time. Stand at the end of the movement instead of jumping.



- From standing position, shift your hips back, bend at the knees and lower your body to a comfortable position.
- Hold your arms out in front of you for balance.
- Jump up explosively, extending your arms overhead, and land in the starting position.

Modification: Do body weight squats, leaving out the jump.



- From standing position with your hands on your hips, shift your weight to one leg and kick the other leg up and to the side, stopping when your thigh is parallel to the floor.
- Lower your leg to the starting position and repeat on the other side.

Modification: Hold onto a fixed object for balance. Kick your leg only as high as you feel comfortable.



- From standing position, lift your knees one at a time so your thighs are parallel to the ground.
- Repeat at a quick pace.

Modification: March in place.



- Jog up and down a flight of stairs.
- Or quickly step up and down a single step or sturdy bench.

Modification: Walk up and down stairs or perform step ups at a moderate pace.



- From standing position, jump into a wider stance while raising your arms above your head.
- Immediately return to the starting position and repeat.

Modification: As you raise your arms, bring one foot out to the side on each repetition instead of jumping.



- Start in plank position with your palms on the ground directly under your chest.
- Your body should form a straight line from your shoulders to your ankles.
- Lift one foot off the floor and bring the knee toward your chest.
- Return to starting position and repeat with the other leg.

Modification: Perform the exercise slowly for less intensity.

**Number of calories burned depends on body weight and workout intensity. A 120-pound person will burn about 50 calories. A 250-pound person will burn about 105 calories.*