

1. 30-60-90 Mixed Interval Workout

This 40-minute workout takes you through a high intensity interval training (HIIT) workout that not only burns tons of calories, but helps you build endurance and increase your anaerobic threshold. You'll be switching between 30, 60 and 90 second intervals with equal resting periods, taking you through different levels of intensity including very hard, e.g., Level 9 on this perceived exertion scale, moderately hard, e.g., Level 8 and somewhat hard, e.g., Level 6.

You can do this workout on any cardio machine or with any outdoor activity.

Time	Intensity/Speed	Perceived Exertion
5 min.	Warm up at an easy-moderate pace	4-5
5 min.	Baseline: Increase speed gradually to slightly harder than comfortable	5
Mixed Interval Block 1		
30 seconds	Increase your pace/resistance to work all out	9
30 seconds	Reduce speed to a comfortable pace to fully recover	4-5
60 seconds	Increase your pace/resistance to work very hard	8
60 seconds	Reduce speed to a comfortable pace to fully recover	4-5
90 seconds	Increase pace/resistance to work at a moderate-hard pace	7
90 seconds	Reduce speed to a comfortable pace to fully recover	4-5
Mixed Interval Block 2		
90 seconds	Increase pace/resistance to work at a moderate-hard pace	7
90 seconds	Reduce speed to a comfortable pace to fully recover	4-5
60 seconds	Increase your pace/resistance to work very hard	8
60 seconds	Reduce speed to a comfortable pace to fully	4-5

	recover	
30 seconds	Increase your pace/resistance to work all out	9
30 seconds	Reduce speed to a comfortable pace to fully recover	4-5
Mixed Interval Block 3		
30 seconds	Increase your pace/resistance to work all out	9
30 seconds	Reduce speed to a comfortable pace to fully recover	4-5
60 seconds	Increase your pace/resistance to work very hard	8
60 seconds	Reduce speed to a comfortable pace to fully recover	4-5
90 seconds	Increase pace/resistance to work at a moderate-hard pace	7
90 seconds	Reduce speed to a comfortable pace to fully recover	4-5
Mixed Interval Block 4		
90 seconds	Increase pace/resistance to work at a moderate-hard pace	7
90 seconds	Reduce speed to a comfortable pace to fully recover	4-5
60 seconds	Increase your pace/resistance to work very hard	8
60 seconds	Reduce speed to a comfortable pace to fully recover	4-5
30 seconds	Increase your pace/resistance to work all out	9
30 seconds	Reduce speed to a comfortable pace to fully recover	4-5
Cool Down		
5 min	Cool down at an easy pace	3-4
Total :	39 Minutes	

117 Cardio Workout Ideas

At The Gym

- 1 Elliptical trainer
- 2 Stair stepper (Stairmaster)
- 3 Stationary or recumbent bike
- 4 Jacob's ladder (the climbing "treadmill" often seen on "The Biggest Loser")
- 5 Arm ergometer (arm cycle)
- 6 Rowing machine
- 7 Circuit training
- 8 Treadmill walking or running
- 9 Kettlebells
- 10 Interval training
- 11 Box jumps
- 12 Step ups
- 13 Plyometrics

Household Chores

- 14 Vacuuming
- 15 Scrubbing floors
- 16 Cleaning the bathtub
- 17 Washing windows
- 18 Mopping
- 19 Changing sheets
- 20 Painting
- 21 Heavy renovations (pulling carpet, knocking down walls, etc.)
- 22 Moving furniture
- 23 Raking
- 24 Gardening
- 25 Cleaning the gutters
- 26 Washing the car
- 27 Mowing the lawn with a push mower
- 28 Shoveling snow
- 29 Sweeping the patio and walkways
- 30 Cleaning out the garage
- 31 Heavy landscaping such as planting trees, shrubs and bushes

The Great Outdoors

- 32 Cycling
- 33 Hiking
- 34 Snowshoeing
- 35 Downhill skiing
- 36 Cross-country skiing
- 37 Water skiing
- 38 Wakeboarding
- 39 Rock climbing
- 40 Jogging / Running
- 41 Power walking (brisk walking)
- 42 Rollerblading
- 43 Paddling a canoe
- 44 Nordic walking
- 45 Surfing
- 46 Paddle boarding
- 47 Swimming
- 48 Water jogging/running
- 49 Skateboarding
- 50 Bleacher running
- 51 Ice skating

Sports

- 52 Tennis
- 53 Flag football
- 54 Hitting balls at the driving range
- 55 Soccer
- 56 Hockey
- 57 Basketball
- 58 Lacrosse
- 59 Boxing
- 60 Martial arts
- 61 Kickboxing
- 62 Kickball
- 63 Karate
- 64 Jiu-jitsu
- 65 Racquetball

Group Classes

- 66 Spinning
- 67 Step aerobics
- 68 Jazzercise
- 69 Zumba
- 70 Bootcamp
- 71 Power yoga (Ashtanga and/or Vinyasa)
- 72 Salsa dancing
- 73 Dance classes or lessons
- 74 Cardio kickboxing
- 75 Hi-lo floor aerobics
- 76 Water aerobics
- 77 BODYPUMP
- 78 Silver Sneakers
- 79 Gliding
- 80 Hip hop dance
- 81 Sports conditioning
- 82 CrossFit
- 83 Krav Maga
- 84 StrollerStrides or StrollerFit classes
- 85 Turbokick

Popular Workout Videos

- 86 P90X
- 87 Insanity
- 88 Chalean Extreme
- 89 Cardio Blast with Coach Nicole
- 90 Hip Hop Hustle
- 91 Jillian Michael's 30-Day Shred
- 92 The Biggest Loser workouts
- 93 Tae Bo
- 94 Walk Away the Pounds
- 95 Sweatin' to the Oldies
- 96 Turbo Jam / Turbo Fire
- 97 Hip Hop Abs
- 98 Gilad's Bodies in Motion
- 99 Dancing with the Stars workouts
- 100 10 Minute Solution cardio titles
- 101 Coach Nicole's 10-Minute Jump Rope Cardio video

- 102 Coach Nicole's 10-Minute Jump Start Cardio video
- 103 Coach Nicole's 10-Minute Cardio Kickboxing video

Play Time

- 104 Walking the dog
- 105 Playing with your children
- 106 Dodge ball
- 107 Tag
- 108 Hooping (hula hooping)
- 109 Obstacle courses
- 110 Jump rope
- 111 Water games in a pool
- 112 Playing with your dog
- 113 Skipping
- 114 Hop scotch
- 115 Taking the stairs
- 116 Jumping jacks
- 117 Trampoline jumping (rebounding)