

Bodyweight Cardio Workout and Routine

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70 Best Bodyweight Cardio Exercises of All Time

For Beginners	For Intermediates	Advanced Cardio Moves
<ol style="list-style-type: none">1. Jumping Jack2. Jog in place3. Squat4. Squat Thrust5. Mountain Climber6. Kneeling Pushups7. Calf Raises8. Ankle Hops9. Flutter Kicks10. Alternate Heel Tap11. Side Plank12. Plank13. Reverse Crunches14. Superman15. Front Lunges16. Bench Dips17. Glute Bridge18. Single Leg Glute Kickback19. Drop Squat20. The Lateral Run	<ol style="list-style-type: none">21. Burpee22. Shoulder Tap23. Squat Jump24. High Knees25. Jumping Split Squat26. Russian Twist27. Pushup28. Bear Crawl29. Side Lunge Jump30. Diver Pushup31. Bodyweight Turkish Get Up32. Standard Crunches33. Bicycle Crunches34. Bird Dog35. Plank Ankle Taps36. Dead Bug Crunches37. Side Plank Rotation38. Extended Plank39. Knee to Opposite Elbow Plank40. Knee to Outside Elbow Plank41. Leg Raises42. Toe Touch Crunches43. Floor Windshield Wiper44. Kneeling Squat Jump45. Curtsy Lunge46. Lunge Front Kick47. Floor IYT Raises	<ol style="list-style-type: none">56. Bodyweight Power Maker57. Clap Pushup58. Plank Jack59. Pushup to Row60. Single-Leg Deadlift Jump61. Tuck Jump62. Pike Jump63. In and Out Abdominal Crunch64. Sprint in Place65. Pulse with Squat Jump66. Sit Outs67. Skater Jump68. Alternating Step-Up Jump69. Pushup Jack70. Grappler pushup

	48. Broad Jump 49. Stair Jump 50. Frog Squat Jump 51. Front Box Jump 52. Lateral Box Jump 53. Knee Tap Push-Up 54. Jumping Rope 55. Inchworm	
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Bodyweight Cardio Workout Routine

Beginner

- **10-minute:** One round
- **15-minute:** Two rounds
- **30-minute:** Three Rounds
- Perform each exercise for 30 seconds or 15 reps at 60 to 80% of your maximum heart rate (MHR)
- Take 30 seconds to one minute of rest between exercises, depending on your fitness level.
- **Frequency:** 3 to 5 times a week

10-minute	20-minute	30-minute
Jumping Jack	Squat Thrust	Jumping Jack
Kneeling Pushups	Mountain Climber	Mountain Climber
Squat	Drop Squat	Squat Thrust
Mountain Climber	The Lateral Run	Kneeling Pushups
Flutter Kicks	Reverse Crunches	Flutter Kicks
Squat Thrust	Ankle Hops	Bench Dips
Alternate Heel Tap Crunches	Kneeling Pushups	Lunges
Front Lunges	Glute Bridge	Superman
–	Plank	Rerverse Crunches
–	Side Plank	Ankle Hops

Intermediate

- **Duration:** 30 minutes
- **Number of rounds:** Three
- **Activity:** 15 reps or 30 seconds

- **Rest between exercises:** 30-45 seconds
- **Intensity:** 60-75% of your MHR

Routine 1

Round 1	Round 2	Round 3
Jumping Jacks	Burpee	High Knees
Mountain Climber	Floor IYT Raises	Plank Ankle Taps
Squat Jump	Kneeling Squat Jump	Jumping Split Squat
Pushups	Frog Squat Jump	Forearm Plank
Crunches	Knee Tap Push-Up	Diver Pushup
Side Plank Rotation	Inchworm	Lunge Front Kick

Routine 2

Round 1	Round 2	Round 3
Squat Jump	Burpee	Curtsy Lunge
Mountain Climber	Turkish GetUp	Bicycle Crunches
Bear Crawl	Kneeling Squat Jump	Jumping Split Squat
Pushups	Knee to Outside Elbow Plank	Knee to Opposite Elbow Plank
Russian Twist	Shoulder Tap	Bird Dog
Side Lunge Jump	Dead Bug Crunches	Lunge Front Kick

Advanced

- **Duration:** 45-60 minutes
- **Number of rounds:** Six
- **Activity:** 15 reps or 30 seconds
- **Rest between exercises:** 30-45 seconds
- **Intensity:** 60-75% of your MHR

Round 1	Round 2	Round 3
Squat Jump	Burpee	Power Maker
Mountain Climber	Turkish GetUp	In and Out Crunch
Alternating Step-Up Jump	Kneeling Squat Jump	Jumping Split Squat
Clap Pushup	Pushup Jack	Sprint in Place
Split Lunge Jump	Dead Bug Crunches	Lunge Front Kick
Round 4	Round 5	Round 6
Squat Jump	Burpee	Curtsy Lunge
Mountain Climber	Grappler pushup	Bicycle Crunches
Tuck Jump	Skater Jump	Pulse with Squat Jump
Sit Outs	Shoulder Tap	Pike Jump
Side Lunge Jump	Dead Bug Crunches	Lunge Front Kick

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