

CARDIO TOOLKIT



Canadian
Cancer
Society

Healthy
Workplaces

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Getting your heart rate up and your blood moving is an excellent way to spend your break. Choose one or more of the moves below, and do each move for 60 seconds in your 6 - 12 minute break. We recommend you set your timer and challenge yourself every day!

The only rule is, once the week is done, you would've covered all the moves below.

**Jumping
Jacks**



**Jogging
in Place**



**Squat
Jumps**



High Knees



**Mountain
Climbers**



Punching



Butt Kicks



**Skater
Jumps**



Burpees



**Split
Jumps**



All images and moves have been provided by

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