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Best Cardio Workouts You Can Do At Home

What is cardio?

The basic definition is any exercise that increases your heart rate, which opens up the possibility to much more than just running or brisk walking! The following are a list of some of the best cardio workouts that you can add to your exercise regiment without having to leave your home.

1 Burpees



2 Jump Rope



3 Jumping Jacks



4 Squat Jumps



5 Kickboxing



6 Dancing



7 Running the Stairs



8 Jogging in Place



Get Fit Cardio Training

Xiaolong Qi



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