

## **CARDIOMOTTOS WITH STRENGTH STATIONS (NO EQUIPMENT)**

**Equipment:** Cones are needed (small cones)

**Location:** Outside or inside on gym floor

**What is CardioMotto:** this form of training will increase both aerobic endurance and help tone the musculature of the upper body and legs.

### **How to do it:**

- The FL should lead the group as one unit or for very large groups 2 or more FL's may break unit into several groups.
- The FL should perform intermittent and continuous agility type training using cones spread apart approximately 25 yards for a total training time of 30 minutes.
- Perform the following exercise movement patterns using cones:
  - (a) Hop over cones
  - (b) Group performs crunches as unit
  - (c) Sprint between cones
  - (d) Group performs push-ups as unit
  - (e) Run backwards between cones
  - (f) Ski movement patterns between cones
  - (g) Side steps between cones
  - (h) Group performs jumping jacks
  - (i) Karaoke between cones
  - (j) Group performs several crunch variations

### **Steps to follow:**

- Warm-up 5 minutes

- Perform low level static stretching
- Start Cardio Mottos
- Cool-down 5 to 8 minutes
- Dismiss unit and brief next day workout