

Drop a Jeans Size: 20-Minute At-Home Cardio Circuit

This series of 1-minute PE classics packs almost the calorie burn of Spinning -- ideal for living-room exercisers.

- 1 March in place for 3 minutes (360 steps)
- 2 60 Jumping Jacks
- 3 March 1 minute (120 steps)
- 4 60 Jumping Jacks
- 5 March 1 minute
- 6 30 Squat-Thrusts*
- 7 March 1 minute
- 8 30 Squat-Thrusts
- 9 March 1 minute
- 10 30 Squat-Thrusts
- 11 March 1 minute
- 12 30 Squat-Thrusts
- 13 March 1 minute
- 14 60 Jumping Jacks
- 15 March 1 minute
- 16 60 Jumping Jacks
- 17 March in place 2 minutes to cool down