

# Knee-Friendly Cardio Circuit

Do each exercise for X amount of seconds and immediately switch to the next exercise. Use an interval timer to focus on exercise technique. Forget about counting reps.

## Intensity:

- **Easy:** 20 seconds on, 10 seconds off, 20 minutes total
- **Medium:** 30 seconds on, 10 seconds off, 25 minutes total
- **Hard:** 40 seconds on, 10 seconds off, 30 minutes total

## Exercises:

1. **Regular Push-Up Variation**
2. **Flutter Kicks**
3. **Dumbbell Rows (Left Arm)**
4. **Dumbbell Rows (Right Arm)**
5. **Overhead Press** (e.g., Pike Push-Up, Hindu Push-Up, or Dumbbell Press)
6. **Scapular Wall-Slides**
7. **Superman Exercise**
8. **Balance Drill** of your choice (e.g., balancing on one leg with eyes closed)
9. **Glute Bridge (Left Leg)**
10. **Glute Bridge (Right Leg)**