**The 5-Minute Seated Cardio Blast**

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**This total-body seated cardio circuit is designed to elevate your heart rate and boost your energy with a simple exercise tool you already have: A chair.**

When it comes to strengthening your heart, lowering your blood pressure, and cutting your risk of heart disease, nothing beats a cardio workout. No matter your fitness goal, getting your heart pumping should be part of the equation.

**Upper Body Combo:** Sit tall in your chair and perform each move **4x**.

* Shoulders lift up toward ears and then release down.
* Shoulders roll front and then back.
* Cross arms, then open arms.
* Arms reach front, then pull.

**Lower Body Combo:** Start this circuit with a stretch to loosen up your shoulders. Roll your left shoulder back, then roll your right shoulder back and repeat on each side three times.

Perform these alternating heel taps **8x each**.

* Tap your heel to the front, then back. Swing the opposite arm forward with each tap.
* Tap your heel to the front, then back. Extend opposite arm up toward the sky with each tap.

**Side Tap Combo:** Sit tall in your chair and alternate side-to-side toe taps **8x each**.

* Alternate heel taps from side to side.
* Alternate heel taps from side to side and cross arms in front of you, then pull arms back.

**Reach and Pull:** Perform this move **16x**.

* Bring your elbows up, reach toward the front of the room, pull arms back and bring elbows down.

**Single Leg Pump – Right Side:** Perform this move **8x each**.

* Pick up the speed and tap your right heel forward then back. Pump your arms as you move.

**Double Side Tap – Right side:** Tap your right toe out to the right side twice. Bring your right arm across your body to push toward the opposite side of the room with each tap. Then, alternate the double toe tap on each side **8x**.

**Double Arm Pull Down:** Reach both arms up toward the sky, then pull arms down to sides. As you pull down, squeeze your shoulders blades together and gently lift your heels from the floor. Repeat this move **16x**.

**Knee-Kick Combo:** Repeat the moves in this combination **8x**.

* Lift your right knee up and twist your torso to the right side of the room. Bring your knee down, then kick your right foot out and extend the opposite arm forward toward your right knee. Alternate the knee-kick combo with both legs.

**Single Leg Pump – Left Side:** Perform these moves **8x**.

* Pick up the speed and tap your left heel forward, then back. Pump your arms as you move.

**Fast Feet:** Alternate tapping your toes to the ground in small, quick movements. Repeat **16x**.

**Side Leg Combo:** Repeat this combination of moves **16x**.

* Step your right leg out to the side. Reach both arms up, then pull down.
* Return to center. Raise elbows up and down two times.
* Step your left leg out to the side. Reach both arms up, then pull down.
* Return to center. Raise elbows up and down two times.

**Torso Twist:** Repeat this move **16x**.

* Twist your upper body to the right, then to the left.