

## **Best Cardio Exercises to Try at Home**

Cardio exercises are high-energy activities that increase heart rate and intake of oxygen. These exercises play a significant role in your good health and wellbeing. You don't need to go through long hours at the gym to maintain the health of your cardiovascular system. You can carry out a powerful cardio exercise at home, regardless of whether you have very little space or equipment to do as such. Doing a consistent exercise routine at home 3-5 days a week can enhance physical fitness and overall wellbeing.

Listed below is a list of the best cardio exercises you can add to your workout without leaving your home.

**Running** – It is the most frequent form of cardio exercise that helps to burn 10 calories per minute. Not only it help you lose weight but also improve your endurance and stamina.

**Marching in place** – It is helpful for elevating heart rate. This exercise is a perfect choice for a warm-up or single cardio activity. To increase the intensity, you can increase the speed of marching or raise the knees higher.

**Jumping rope** – It is a high intensity cardiovascular activity that can burn as many calories per minute as jogging. It brings major benefits from a short 15 or 20 minute practice.

**Jogging in place** – This simple and effective exercise to increase heart rate is suitable for beginner warm-up activity. To execute, bounce slowly from one foot to the other. Simultaneously move back and forth the arms.

**Dancing to music** – It is an enjoyable exercise in which you can turn the free space in the home as dance floor. Dancing to music can burn calories.

**Jumping jacks** – It is a beginner cardiovascular exercise that can perform almost anywhere. You can increase its intensity by jumping faster or higher. The intensity can also decrease by performing smaller or slower jumping jacks.

**Stair climbing** - This effort not only burns additional calories and increases your heart rate, but it also helps strengthen the major muscle groups of your lower body

**Crab walks** - It is one of the most successful means to increase blood circulation and to make stronger your core, back and legs. Walk back and forth in your preferred direction to distribute your weight evenly between the legs and arms.

**Lateral shuffles** – It is a side-by-side coordination movement to increase your heart rate quickly. First stand with your feet apart and leaning forward. Lift your right foot, push off your left foot, and move towards your right without disturbing the position. Repeat similar steps in the other direction.

**Standing Oblique Crunch** - This cardio exercise offers a low impact on your body, so it is highly suggested for beginners. Put the hands on your back head and raise your knees. Maintain the elbows pointed forward and take the knee close to it. Come back to the initial position and do again on the other side.

**Mountain Climbers** - It signifies the movement of mountain climbing. It is a powerful full-body exercise that provides great results. For beginners it is suggested to get started at a slow speed and gradually improve the speed. Begin with a plank pose and raise your right knee towards your chest. Change between the knees at normal interval.

One important part of these activities is that you have to change the types and intensity of exercises on different days. By changing your regular exercise routine, you will work out different muscles and reduce the risk of overuse injury.

With a little effort, you can create a fitness routine including an extensive range of useful cardio exercises to burn calories, build muscle and feel better. You can choose the exercises that suit your current fitness level. Before beginning an exercise program it is vital to consult a doctor to help lessen possible health issues or the aggravation of any existing symptoms.