

# Cardio Exercises

## Jumping Jacks

Purpose: Cardiovascular health, Open up rib cage for breathing

### Version A

- Stand with feet together and hands at sides.
- Simultaneously raise your arms above your head and jump up just enough to spread your feet out.
- Without pausing, quickly reverse the movement.
- Repeat.

### Version B— Walking Jacks

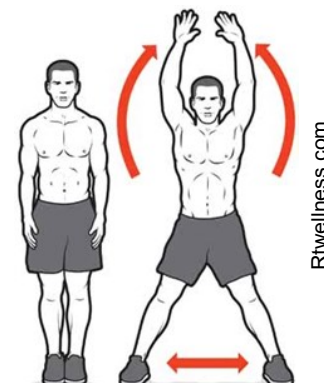
- Instead of jumping, walk out side to side with hand movements following rhythm.
- Alternate one arm forward and one behind.

### Version C

- Only lift hands without jumping.

### ! PRECAUTIONS

- Knee pain, Balance



## Cross Jacks

Purpose: Cardiovascular stimulation and health

### Version A

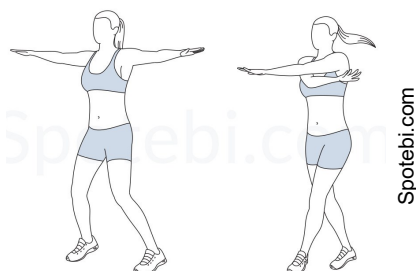
- Stand straight with your feet shoulder-width apart and your arms up and extended out to the sides.
- Jump up and cross your left leg in front of the right, and your left arm on top of the right.
- Jump again and return to the starting position.
- Repeat and reverse the position of your arms and legs.

### Version B

- Only cross arms without jumping.

### ! PRECAUTIONS

- Knee pain, Balance



## Double Leg Squat

Purpose: Cardiovascular stimulation and health, Upper leg strengthener

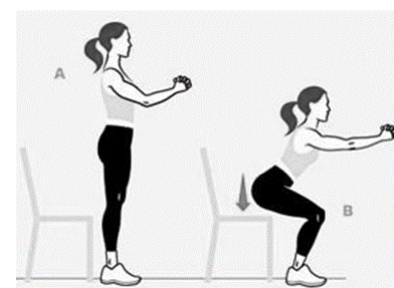
- Spread out legs shoulder-width apart.
- Hold arms up and straight out away from body.
- Move into squat position by leading with rear end moving backward and down into a chair position touching lightly.
- Stand with feet firmly flat on the floor.

### Version B

- Place chair behind you when squatting— use to rest if necessary

### ! PRECAUTIONS

- Knee pain



## Side Steps

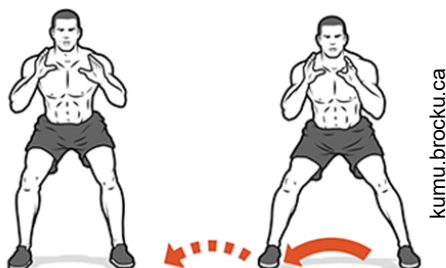
Purpose: Cardiovascular stimulation and health, muscles strengthener

Version A:

- In squat position, hold arms in bent position, at hips, or out to the side and maintain a proud chest.
- Perform a side step leading with the same leg of your intended direction, then close the step with the other leg until you reach the shoulder-width neutral position.
- Remain in squat position during continuous movement.
- Perform 3 side steps in each direction.

Version B:

- Do not squat all the way down.



### ! PRECAUTIONS

• Knee pain, Balance

## Jogging in Place

Purpose: ROM, Cardiovascular stimulation and health

- Stand straight with your feet shoulder width apart and face forward, opening up your chest.
- Start pulling your knees up and slowly land on the balls of your feet.
- Swing your arms to the movement of your legs.
- Repeat until set is complete



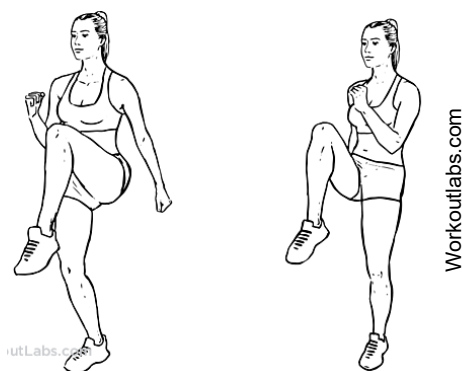
### ! PRECAUTIONS

• Balance

## High Knees in Place

Purpose: ROM, Cardiovascular stimulation and health

- Stand straight with your feet hip width apart and raise up your right knee as high as you can.
- Place it back in its original position and repeat the step with left leg.
- Repeat the step while alternating the legs Repeat with each finger.



### ! PRECAUTIONS

• Knee Pain, Balance

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CalAgrAbility serves farm and ranch families affected by disability and illness protecting the quality of life and preserving livelihoods.

Exercises from the *Arthritis Foundation Program Exercise Manual*.