

Best Cardio Exercises to lose weight at home. Yes, you heard it right!

Today I'm going to explain the **best cardio workouts to lose weight at home** and that too without the use of heavy equipment.

Now, what are the **best Cardio Exercises to lose weight at home**? Before I shed light on the subject, one should first understand “What is Cardio and why is it so important for a healthy life?”

Cardio is short-term used for cardiovascular exercises. It is also known as aerobics. It is done to increase one's heart rate and maintain it. It helps the body to intake more oxygen and burn fats.

How does Cardio help lose Weight?

One can only lose weight or manage weight by controlled diet or through exercise, but the best approach would be the combination of the two.

Cardio helps lose weight through a rigorous exercise regime. It helps in burning the extra calories that one consumes over a day and also burns the extra fats that are deposited over a period of time. All this, you can achieve by doing the **best cardio workout to lose weight at home**.

Now the question that comes to one's mind is, “What are those **best cardio exercises to lose weight at home**?”

Or similar questions like, “What are the best **cardio exercises at home to lose belly fat**?”

Here are some best cardio exercises to lose weight at home or to say best aerobic exercises for weight loss at home.

Cardio for Women

Jogging



To start with, one should do jogging as it is a very good cardio exercise. You don't need to run around. All you need is to jog at the same place, just to warm up. To perform, bounce lightly from one foot to the other. At the same, swing the arms from side to side. You can also do the same on a Treadmill. It is one of the **best cardio exercises for fat burning at home**. It improves your cardio respiratory health, boosts your mood, and prepares your body to go for other exercises mentioned below.

Jumping Rope or Skipping



It is one of **the best cardio exercises to lose weight at home**. It not only improves coordination and cognitive function, but this workout elevates your heart rate, helping you burn more than 1000 calories per hour as per some experts. It is very easy to

1. Warm-up with 10 to 15 jumps.
2. Then jump continuously for 2 minutes.
3. Rest for 20 seconds and repeat.
4. Do at least 3 sets.

Dancing to Music



It is the **best aerobic exercise for weight loss at home**. You can turn a free space at home into a dance floor. People find it very enjoyable as an exercise.

Dancing to upbeat music is one of the **best cardio exercises for fat burning at home**.

Arm circles



This is one of the **best aerobic exercises for weight loss at home**. Women can perform arm circles while sitting or standing, making them ideal for all skill levels.

To perform

- One needs to rotate the arms in a circular motion, both clockwise and counterclockwise. The movement may resemble a butterfly or backstroke.
- Any person has limited mobility in their arms; they can extend their arms to their sides and draw small circles.

Squat jumps



Squat jumps are a way to increase the exercise intensity while working the glutes, quadriceps, hamstrings, and calves. It is one of the **best aerobic exercises for weight loss at home**. Pregnant ladies need to consult their gynecologist before doing this.

To perform:

- Stand with the feet hip-width apart and arms at the sides.
- Bend at the knees to squat.
- From the squat position, jump in the air and extend the hips until the body is straight.
- Land softly on the balls of the feet, rolling backward to absorb the shock in the heels.
- Repeat using different arm movements to adjust the difficulty

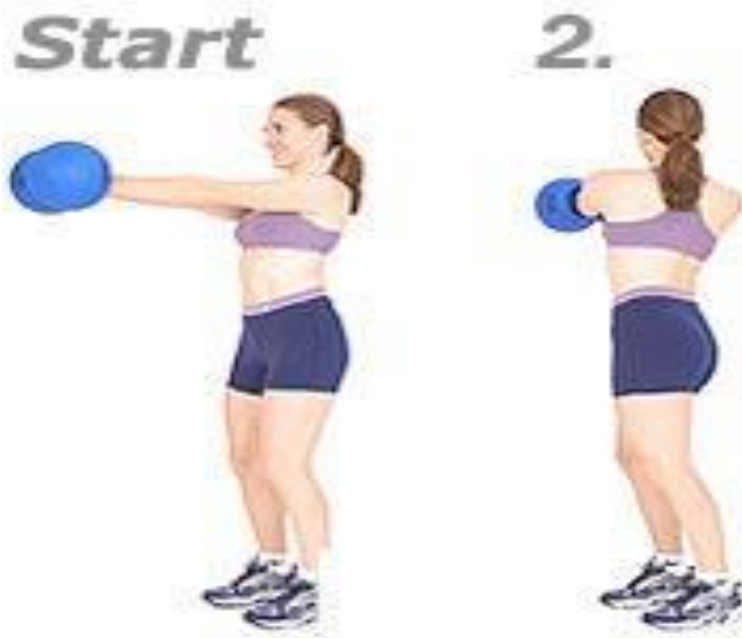
Squat to front kick



This exercise will challenge a person's balance by adding a single leg kick at the peak of the squat position. This is again one of the **best aerobic exercises for weight loss at home** and can be done with music to add intensity. To perform

- Stand with the feet hip-width apart and arms at the sides.
- Bend at the knees to squat down.
- Return to standing and extend one leg to perform a front kick.
- Repeat the kick on the other side.

Trunk rotation



The Trunk Rotation is one of **the best cardio exercises at home to lose belly fat.** It works on the abdominal muscles while testing the cardiovascular system. To increase the intensity, a person can hold a heavyweight, such as a kettle bell, Lightweight dumbbells, exercise ball, or other household items.

To perform:

- Stand with a heavy object at chest height with elbows to the sides.
- Twist from the torso, turning to one side, then the other.
- A person can also hold the arms at shoulder height and twist from side to side.

Screamer lunges



Screamer lunges are one of the best **Cardio Exercises to lose weight at home**. It helps build leg muscles while challenging the heart. To perform one needs to

- Stand with the feet hip-width apart.
- Extend the right leg back to a lunge position.
- Push off with the right foot to lift the right knee to hip height, jumping in the air while doing so.
- Return the right foot to the starting position and repeat for 10 lunges on one side.
- Repeat for the left leg.

Stair climbing

Again one of the **best cardio exercises for fat burning at home**. In this workout, a person can use stairs by going up and down them several times.

Taking the stairs two at a time and increasing speed to a running pace can further challenge the cardiovascular system and leg muscles.

Lateral shuffles



Shuffling closely resembles a football or speed-skating warm-up. It is one of the best **Cardio Exercises to lose weight at home**. To perform all you need to do:

- Start on one end of a room and squat slightly.
- Shuffle toward the other side of the room, with the feet meeting together before shuffling out and forward again.
- Pick up speed and increase the squat depth to increase the exercise intensity.

Mountain climbers



Mountain Climbers are an advanced exercise to work the whole body, especially the lower portion. It is one the **best cardio exercises for fat burning at home**.

To perform:

- Start in a pushup position with the right leg extended backward and the left leg near the chest with the toes on the ground.
- Keeping the hands on the ground and hips level, quickly switch the positions of the legs.
- Continue to alternate the legs.

Burpees



Burpees are full-body moves to get the heart pumping. It is one of the **best HIIT (High-Intensity Interval Training) Cardio workouts for fat loss at home.**

To perform

- You need to start with the body in a pushup position.
- Push off the balls of the feet to bring the knees into the chest and land in a squat.
- Jump out of the squat, raising your hands in the air before landing softly back into the squat.
- Place the hands back on the floor underneath the shoulders.
- Spring the legs back to return to the starting position

Bear crawl



The Bear Crawl is a full-body exercise. It is considered one of **the best cardio exercises at home to lose belly fat.**

To perform:

- Start in a pushup position.
- While keeping the knees off the ground and bent, crawl forward by the alternating leg and arm movements.
- Keeping the torso level and abs supported

Inchworms



The inchworm is a full-body exercise that improves mobility and tests shoulder strength. **It is considered best cardio workout to lose weight at home.**

To perform:

- Start in a standing position, reach down and touch the toes briefly before walking the hands out to a pushup position.
- Perform a pushup, then walk the feet toward the hands and lift the hips upwards, similar to the downward dog position.
- Inch the feet as close as possible toward the hands before walking the hands out to return to the pushup position.

Cardio For Men

Jogging



Jogging is very good for men also. You don't need to run around. All you need is to jog at a steady pace at the same place, just to warm up. To perform, bounce lightly from one foot to the other. At the same time, swing the arms from side to side. You can use a Treadmill for better results.

It is one of the **best cardio exercises for fat burning at home**. It improves your cardio-respiratory health, boosts your mood, and prepares your body to go for other exercises mentioned below.

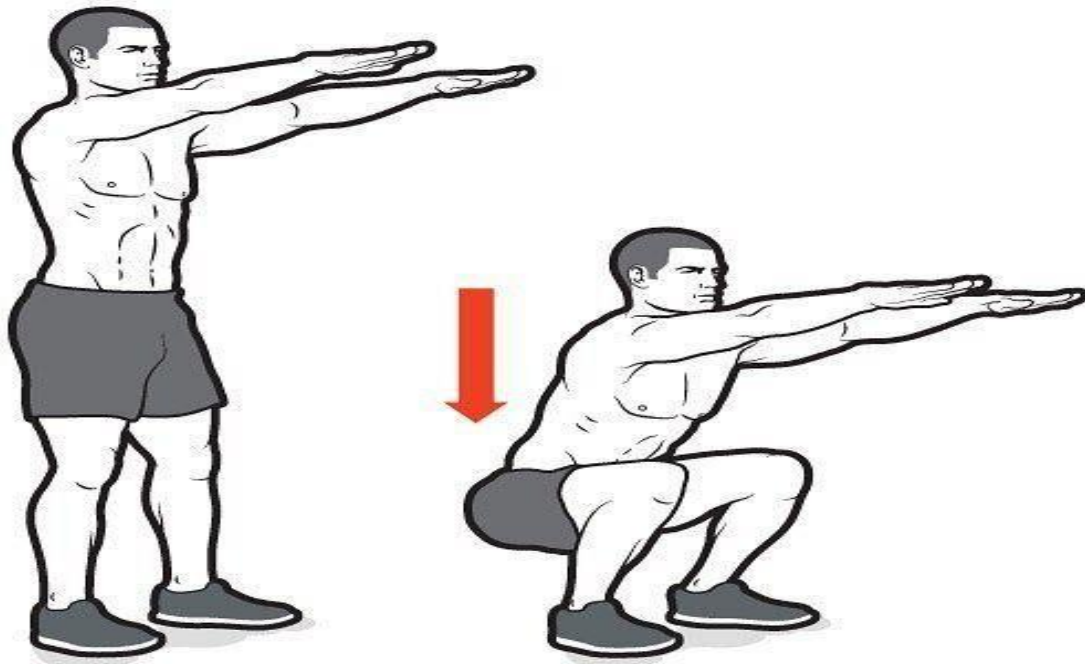
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1. Warm-up with 10 to 15 jumps.
2. Then jump continuously for 2 minutes.
3. Rest for 20 seconds and repeat.
4. Do at least 5 sets.

Squats for Thighs



This is one of the **best cardio workouts to lose weight at home**. To perform all you need to do is

- Keep your feet shoulder-width apart and your back straight.
- Bend your knees and lower your rear as if you were sitting down, keeping your knees over your ankles.
- To target more muscle groups in less time, add an overhead press at the same time.
- With a dumbbell in each hand, rise from the squat position and push weights overhead, palms out. Repeat it 10 times.

Forward lunge for Thighs



Standing with feet hip-width apart, take a big step forward with one leg, then lower your body toward the floor, front knee aligned with ankle, back knee pointing to the floor. Return to the starting position, and repeat by stepping forward with the other leg. This is one of the **best cardio exercises to lose weight at home**. Do 10 repetitions on each side.

Hamstring dead-lifts



One exercise that is best for the Hamstring and one of the best cardio workouts to lose weight at home. To do a dead lift holding a bar or free weights, stand up straight with feet hip-width apart. Bend at your hips, moving the hips backward as you lower your upper body parallel to the floor. Keep your legs straight without locking the knees, and keep the back level and the spine neutral. Lower the weight to just below your knees, and then slowly return to the starting position. Ladies can do with suitable weights. Do it 10 times.

Bridge pose for Glutes



This is again one of **the best cardio workouts to lose weight at home**. The bridge pose works the glutes (butt), hamstrings, and core. Lying on your back with knees bent and feet hip-width apart, peel your spine off the floor, starting at the tailbone, forming a diagonal line from knees down to shoulders. Slowly return to the starting position. For an extra challenge: Target your triceps by holding light weights, and lifting your arms toward the ceiling as you raise your hips. Bend your elbows to lower the weights towards the floor. Repeat it 10 times.

Push-Ups for Chest and Core



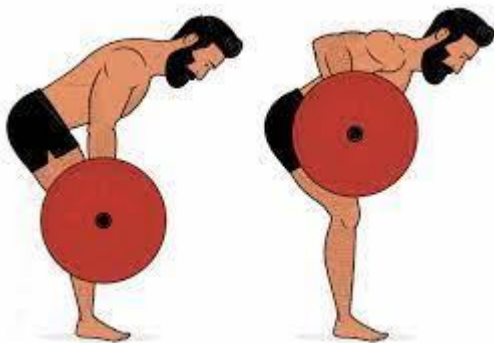
Again this is one of the **best cardio exercises to lose weight at home**. Push-ups strengthen the chest, shoulders, triceps, and core muscles. Starting on all fours, place your hands a bit wider than your shoulders. Place toes on the floor, creating a smooth line from shoulders to feet. Keeping core muscles engaged lower and lift your body by bending and straightening your elbows. If you find it too hard you can place knees on the floor instead of toes. To boost the workout, add an exercise ball under the hips, knees, or feet. Repeat it 10 times.

Chest Press for the Strong and Tight Chest



One of the all-time **best cardio exercises to lose weight at home**. Lie face-up on a bench, with knees bent or feet on the floor, spine relaxed. Press a bar or dumbbells from your chest toward the ceiling. Extend your arms, but don't lock the elbows, and move slowly in both directions, keeping shoulder blades on the bench. For an extra challenge, do the chest press with your head and upper back on an exercise ball. Women can do this with lighter dumbbells. Repeat it 10 times.

Bent-over row for Back and Biceps



It is a very popular and one of the **best cardio workouts to lose weight at home**.

The bent-over row works all the major muscles of the upper back as well as the biceps. Begin the exercise in a bent-over position with your back flat, one knee and one hand on the same side of the body braced on a bench. Hold a free weight on the other hand with your arm extended. Lift the weight toward the hip until the upper arm is just beyond horizontal, see right. Then, slowly lower the weight to the starting position. Repeat it 10 times.

Shoulder Press for Shoulders



A shoulder press works the shoulder muscles and can be performed standing or seated. For back support, use a bench with a backrest. Begin with elbows bent and weights at shoulders. Slowly reach toward the ceiling, keeping the elbows under the hands and the shoulders away from the ears; slowly lower back to the starting position. This is one of the most preferred exercises and **the best cardio workouts to lose weight at home**. Repeat it 10 times.

Bicycle Crunch for Core & Abdominals



This is one of the **best cardio exercises at home to lose belly fat**. Lying on your back on the floor, fold knees toward the chest and curl the upper body off the floor. With hands behind your head, slowly rotate the upper body to the right while drawing the right knee in and reaching the left leg out. Then, rotate left and pull the left knee in and extend the right leg out. Focus on bringing the shoulder toward the hip (rather than the elbow to the knee), and keep the opposite shoulder off the floor. Repeat it 10 times.

Side Plank for Core or Abdominals



Again this is another **best cardio exercise at home to lose belly fat**. Lie on your side with a bent elbow directly under your shoulder, and use your torso muscles to lift the body up into a side plank. Then, lift the hips higher, then back to the plank, then lower. Do as many as you can with proper form, then repeat on the other side. If this exercise hurts your shoulder or neck, lift only your legs, keeping the hips stacked. Your head will rest on your bent arm. Repeat it 10 times.

Lastly, the Best HIIT (High-Intensity Interval Training) Cardio workout for fat loss at home is very effective and useful for people who are unable to devote 30 minutes to 1 hour for exercise each day.

High-Intensity Interval Training (HIIT)

HIIT (High Intensity Interval Training) Cardio



Single Leg Butt Kicks



FAST Jacks



High Knees

HIIT is a quick fix arrangement for people with busy schedules and **one of the best cardio exercises to lose weight at home.**

This cardio workout is very popular due to its ability to maximize calorie burn and fat loss. It involves intense bursts of exercise to elevate your heart rate, followed by 15 seconds of rest.

You're able to exercise for a shorter length of time, yet complete a more intense and strenuous workout. As a result, you'll continue to burn calories for hours after the workout.

Here's an example of a HIIT routine:

1. Complete Butt Kick for 45 seconds and rest for 15 seconds.
2. Next, perform Jumping lunges for 45 seconds, followed by 15 seconds of rest.
3. Complete Burpees for 45 seconds, and rest for 15 seconds.
4. 45 seconds of mountain climbers and jump squats each
5. Repeat for 20 minutes

Or, you can try to complete a HIIT workout on a treadmill:

- Warm-up for 5 minutes.
- Then sprint at a high-intensity speed for 1 minute.
- Walk for 30 seconds, and then sprint again at a high-intensity speed for 1 minute.
- Complete 8 to 10 sets.

The best cardio exercises to lose weight at home mentioned above are a must to any person's exercise routine. All you need is to maintain a consistent exercise routine for 5-6 days per week, to enhance physical abilities and overall physical health. And still, if you are unable to do this because of time constraints then go for HIIT, the last and the best one.