



## Basic Cardio Programme - Intermediate

### Cardio Training – GYM

You should aim to complete 30- 40 minutes of cardiovascular training approximately three times per week. Always warm up prior to any session

Warm up – Jog or cycle for 5-10 minutes half pace.  
 Stretch – all muscles particularly quads, hamstrings and calfs – hold 10 -15 seconds on each stretch.

<b>Monday</b>	<b>Duration</b>	<b>Intensity</b>
Cycle	10 mins	Gradually increase
Rower	30 secs	fast 15 secs restsub 2.30
Stepper	8 mins	30 secs fast 30 slow
Treadmill	10 mins	1 min fast 30 slow
Cross trainer	8 mins	30 secs fast 30 slow

<b>Wednesday</b>		
Cycle	10 mins	moderate
Rower	5 mins	moderate
Stepper	5 mins	fast
Treadmill	10 mins	mod to fast
Cross trainer	10 mins	moderate

Cool down - Cycle for 5 –10 minutes.  
 Stretch all muscles as above and hold for 15-30 seconds.

You should consult your GP before attempting any exercises if you have a known medical condition that may be aggravated through the exercise. Speak to a qualified Fitness Instructor prior to undertaking any exercises or if you are unsure of any exercises.