

Cardio

A. 10/10/10 minutes

Spend 10 min on the bike.

10 min on the treadmill (use the incline function for intensity) and keep the speed around 3-3.5 mph.

10 min on the rowing machine.

Any cardio machine will do. Just choose three different modes and work at a

pace where you're able to breathe without too much difficulty.

B. 3-minute Aerobic intervals (any mode you like)

Warm up for 4 min at an easy pace.

Perform a 3-min aerobic interval working at a pace where you're slightly out of breath.

Follow this with active recovery for 3 min of low intensity. Repeat the above sequence 3 times and then cool down for 3 min. Try to add one interval every two weeks.

C.Higher intensity interval training

Warm up for 4 minutes at an easy pace on any cardio mode you like.

Then choose a work/rest from the choices below. The shorter the work interval the more intense it is and the harder you push.

10 seconds work/20 seconds rest

20 seconds work/ 40 seconds rest

30 seconds work/ 60 seconds of rest

Do anywhere from 6-8 work rest intervals and then cool down for 5 minutes.