

Lincs
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Cardio Programme Card
GENERAL WORKOUT 3

CARDIO PROGRAMME CARD

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EXERCISES	The Workout	Progression	Regression
Warm Up	5 mins on Any Cardio Machine Gradually Increasing Speed and Level	N/A	N/A
Cross Ramp	10 mins interval Programme, Level 7 & 10	Levels 10 & 13	10 mins level 8
Cross Trainer	2 mins Forward, 2 mins Backwards x5 Level 7 - 12	Level 13 - 15	Levels 4, 5 or 6
To Finish Treadmill	10 mins Best effort Run	Add 3% Incline	Run & Walk for 10 mins

NOTE: If you require any help please ask a Lincs Inspire Instructor

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