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Cardio Programme Card
GENERAL WORKOUT 5

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
Stepper	10 Mins Best Effort	10 Mins Above 90 Steps Per Min	7 Mins Best Effort
Treadmill	10 Mins Run Best Effort	3% Incline	10 Mins Run & Walk (Max Running)
To Finish Exercise Bike	4KM Level 6,7 or 8	5KM in Under 12 Minutes Level 6,7 or 8	4KM Levels 4,5 or 6

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

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