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Cardio Programme Card
GENERAL WORKOUT 4

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
Rower	2000m Best Effort Level 5	2500m Best Effort level 5	1500m Best Effort level 5
Treadmill	15 Mins Hill Walk 10% Incline (don't hold on)	12 – 15% Incline	10 Mins Hill Walk 8% Incline (don't hold on)
To Finish Exercise Bike	10 mins Hill Climb program	10 mins Hill Climb Program, Level 3 Start	7 Minutes Hill Climb Program

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

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