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Cardio Programme Card  
**GENERAL WORKOUT 2**

# CARDIO PROGRAMME CARD

## GENERAL WORKOUT 2

EXERCISES	The Workout	Progression	Regression
Warm Up	5 mins on Any Cardio Machine Gradually Increasing Speed and Level	N/A	N/A
Treadmill	10 mins interval Program, Running & walking speed 5.5 & 9.0	Interval Run Speed 8.0 & 11.0	10 mins Speed 8
Cross Trainer	2 mins Forward, 2 mins Backwards x5 Level 7 - 12	Level 13 - 15	Levels 4, 5 or 6
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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