

Lincs
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Cardio Programme Card
GENERAL WORKOUT 1

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
Treadmill	10 mins Best Effort Running/ Walking	3% – 5% incline or choose a programme	Walk 2 Mins, Run 2 Mins
Exercise Bike (Any Type)	4KM Best Effort Level 7 - 12	5KM in Under 12 mins	Levels 4, 5 or 6
To Finish Rower	2000m Best Effort level 5	2500m Best Effort level 5	1500m Best Effort Level 5

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

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