Four-week Workout
Cardio: Any Cardio Equipment

40- to 45-minute workout on any cardio equipment (Interval Training)

Scale of effort
1-easy walk
3-conversation pace
5-challenging to hold conversation
7-steady breathing, more challenging
10-all out

Week 1

<table>
<thead>
<tr>
<th></th>
<th>Time</th>
<th>Effort</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm up</td>
<td>10 minutes</td>
<td>3/4</td>
</tr>
<tr>
<td>Workout A</td>
<td>30 seconds</td>
<td>8/9</td>
</tr>
<tr>
<td>Workout B</td>
<td>60 seconds</td>
<td>4/5</td>
</tr>
<tr>
<td>Repeat A and B</td>
<td>25 minutes</td>
<td></td>
</tr>
<tr>
<td>Cool down</td>
<td>10 minutes</td>
<td>3/4</td>
</tr>
</tbody>
</table>

Cardio: Any Cardio Equipment
Week 2

<table>
<thead>
<tr>
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<th>Time</th>
<th>Effort</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm up</td>
<td>10 minutes</td>
<td>3/4</td>
</tr>
<tr>
<td>Workout A</td>
<td>40 seconds</td>
<td>8/9</td>
</tr>
<tr>
<td>Workout B</td>
<td>80 seconds</td>
<td>4/5</td>
</tr>
<tr>
<td>Repeat A and B</td>
<td>25 minutes</td>
<td></td>
</tr>
<tr>
<td>Cool down</td>
<td>10 minutes</td>
<td>3/4</td>
</tr>
</tbody>
</table>
### Scale of effort
- 1-easy walk
- 3-conversation pace
- 5-challenging to hold conversation
- 7-steady breathing, more challenging
- 10-all out

### Cardio: Any Cardio Equipment
#### Week 3

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<thead>
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<th>Effort</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm up</td>
<td>10 minutes</td>
<td>3/4</td>
</tr>
<tr>
<td>Workout A</td>
<td>45 seconds</td>
<td>8/9</td>
</tr>
<tr>
<td>Workout B</td>
<td>75 seconds</td>
<td>4/5</td>
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<tr>
<td>Repeat A and B</td>
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<td></td>
</tr>
<tr>
<td>Cool down</td>
<td>10 minutes</td>
<td>3/4</td>
</tr>
</tbody>
</table>

### Cardio: Any Cardio Equipment
#### Week 4

<table>
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<th>Time</th>
<th>Effort</th>
</tr>
</thead>
<tbody>
<tr>
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<td>10 minutes</td>
<td>3/4</td>
</tr>
<tr>
<td>Workout A</td>
<td>30 seconds</td>
<td>8/9</td>
</tr>
<tr>
<td>Workout B</td>
<td>90 seconds</td>
<td>4/5</td>
</tr>
<tr>
<td>Repeat A and B</td>
<td>25 minutes</td>
<td></td>
</tr>
<tr>
<td>Cool down</td>
<td>10 minutes</td>
<td>3/4</td>
</tr>
</tbody>
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