



## 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

	Time	Effort
<b>Warm up</b>	10 minutes	3/4
<b>Workout A</b>	30 seconds	8/9
<b>Workout B</b>	60 seconds	4/5
Repeat A and B	25 minutes	
<b>Cool down</b>	10 minutes	3/4

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#### Week 2

	Time	Effort
<b>Warm up</b>	10 minutes	3/4
<b>Workout A</b>	40 seconds	8/9
<b>Workout B</b>	80 seconds	4/5
Repeat A and B	25 minutes	
<b>Cool down</b>	10 minutes	3/4

**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**

	<b>Time</b>	<b>Effort</b>
<b>Warm up</b>	10 minutes	3/4
<b>Workout A</b>	45 seconds	8/9
<b>Workout B</b>	75 seconds	4/5
Repeat A and B	25 minutes	
<b>Cool down</b>	10 minutes	3/4

**Cardio: Any Cardio Equipment****Week 4**

	<b>Time</b>	<b>Effort</b>
<b>Warm up</b>	10 minutes	3/4
<b>Workout A</b>	30 seconds	8/9
<b>Workout B</b>	90 seconds	4/5
Repeat A and B	25 minutes	
<b>Cool down</b>	10 minutes	3/4