



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

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Week 2

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

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

Cardio: Any Cardio Equipment**Week 4**

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