

Beginner Cardio - 30-Minute Workout



This is a basic cardio workout. You will alternate between a baseline, moderate level and a slightly higher level by changing your settings and using [Perceived Exertion](#) to match how you feel to the suggested Perceived Exertion levels. This workout can be done on any cardio machine or other activities.

- Complete each segment of the workout, setting speed, incline, resistance or ramps to match the suggested Perceived Exertion Levels
- Modify the workout as needed to fit your fitness level, preferences and goals
- Slow down or stop the workout if you feel any pain, dizziness or shortness of breath

Time	Intensity, Speed, Incline or Resistance	Perceived Exertion
5 min.	Warm up at an easy-moderate pace.	4
5 min.	Baseline: Increase speed, incline or resistance (or use a combination) to find your baseline. In this phase, you should be just a little out of your comfort zone and feel that you're working, but able to talk	5
2 min.	Increase your incline, resistance or ramps until you feel you're working harder than baseline.	6
3 min.	Back to baseline	5
1 min.	Increase your incline, resistance or ramps to work harder than baseline.	6
3 min.	Back to baseline	5
1 min.	Increase your speed to work at a higher	7

intensity - you should find it difficult to talk

3 min.	Back to baseline	5
2 min.	Increase your speed to work at a higher intensity - you should find it difficult to talk	7
5 min.	Cool down	4
Total :	30 Minutes	
