

## **Try these cardio workouts!**

For these workouts it is best to have a heart rate monitor. If not you can use perceived exertion which means somewhat easy (slightly out of breath) and moderately hard is (you can't talk much). If you have trouble completing the workout reduce the intensity. **These are 3 different workouts you can switch for variety.**

At 85% of your target heart rate you will train for better cardiovascular efficiency and you burn less fat. At 60 % you burn approximately half your calories from fat. If you combine the two training rates during one workout, as in intervals, you will get the most benefit from the workout. If you want to walk more, do. Just don't do less time. Just reduce the intensity. Each workout is approximately 30 to 35 mins. It is very important to do some stretching **after** each cardio workout!

### **Cardio 1**

2min warm up – brisk walk pace

2min @ 70%  
1min @ 85%  
2min @ 70%  
1min @ 85%  
2min @ 70%  
2min @ 85%  
1min @ 70%  
2min @ 85%  
1min @ 70%  
3min @ 85%  
1min @ 70%  
4min @ 85%  
1min @ 70%  
3min @ 85%  
1min @ 70%  
2min @ 85%  
1min @ 70%

### **Cardio 2**

2min warmup – brisk walk pace

2 min @ 60%  
2min @ 65%  
2min @ 70%  
2min @ 75%  
2min @ 80%  
2min @ 85%  
2min @ 80%  
2min @ 75%  
2min @ 70%  
2min @ 65%  
2min @ 60%

### **Cardio 3**

2 min warmup

5 min @70%  
5 min @85%  
5 min @70%  
5 min @85%  
5 min @70%  
5 min @85%  
2 min warm down