

Beginner Cardio Program



How would you classify your workout needs:

| | |
|---------------------|---|
| Beginner | First time/new within a year, maybe had an orientation |
| Intermediate | Comes regularly to use machines, had some instruction |
| Advanced | Comes consistently, worked with trainers, trained athlete |
| Combo | Has vast knowledge but lacks in specific areas, needs instruction |

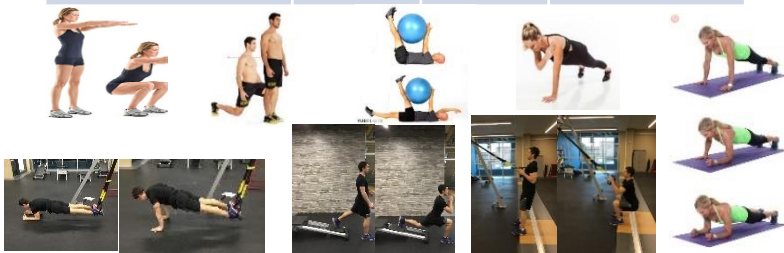


Cardio Program

| Machine | Time | Distance |
|-------------|--------|----------|
| Rower | 3-5min | 500m |
| Treadmill | 8-9min | 1mile |
| Stair Climb | 3-5min | N/A |





Workout Program

| Exercise | Set | Rep | Weight |
|---|-----|-------|--------|
| Squat Alternative: TRX Squat | 3 | 15 | |
| Reverse Lunge Alternative: Total Gym Reverse Lunge | 3 | 20 | |
| Arm Touches | 3 | 15 | |
| Plank to Pushup Alternative: TRX Plank to Pushup | 3 | 30sec | |
| Dead Bug | 3 | 30sec | |



Dynamic Warm Up

Complete 10 reps of each exercise below for 1-2 rounds.

| Exercise | Picture |
|--------------------------|---|
| Lunge with a Twist |  |
| Knee to Chest |  |
| High Kicks |  |
| Hip Stretch with a Twist |  |

Stretching



Intermediate Cardio Program



FANSHAWE
Student Wellness Centre

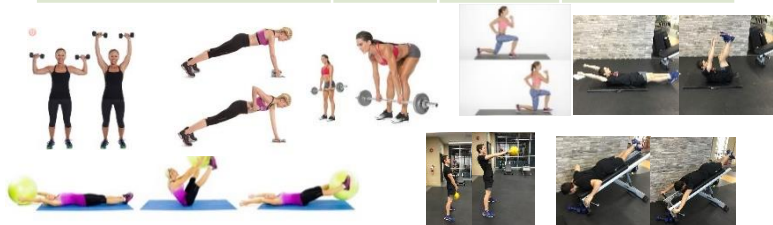


Cardio Program

| Machine | Time | Distance |
|---|---------|----------|
| Bike | 5-10min | 1.2miles |
| Rower | 5min | 1000m |
| Treadmill | 10min | 1.5miles |
| Alternative: Try our Spin Class or Sprint 8 on our Matrix Cardio Machines | | |





Workout Program

| Exercise | Set | Reps | Weight |
|--|-----|-------|--------|
| Shoulder Press Alternative: TG Shoulder Press | 4 | 15 | |
| Plank Row | 4 | 20 | |
| Romanian Deadlift Alternative: Kettlebell Swing | 4 | 15 | |
| Walking Lunges | 4 | 40 | |
| Swiss Ball Pass Alternative: Leg Raise with Toe Touch | 4 | 10-15 | |



Dynamic Warm Up

Complete 10 reps of each exercise below for 1-2 rounds.

| Exercise | Picture |
|--------------------------|---|
| Lunge with a Twist |  |
| Knee to Chest |  |
| High Kicks |  |
| Hip Stretch with a Twist |  |

Stretching



Advanced Cardio Program



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Cardio Program

4 to 5 Rounds

| Exercise | Distance/Reps |
|---------------|---------------|
| Treadmill | 400m |
| Wall-balls | 21 |
| Kettle Swings | 18 |
| Burpees | 15 |

Alternative: Try our Body Blast Class!



Workout Program

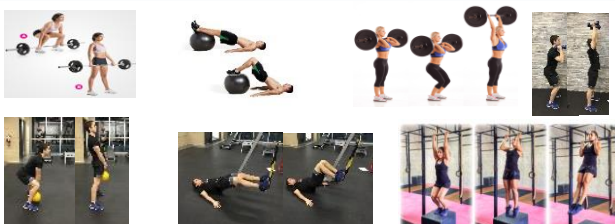
As Many Rounds Possible in 20min

6 Deadlifts
Alternative: Kettlebell Deadlift

6 Push Press
Alternative: Dumbbell Push Press





6 Swiss Ball Curl
Alternative: TRX Leg Curl

6 Jumping Pull-ups



Dynamic Warm Up

Complete 10 reps of each exercise below for 1-2 rounds

| Exercise | Picture |
|--------------------------|---|
| Lunge with a Twist |  |
| Knee to Chest |  |
| High Kicks |  |
| Hip Stretch with a Twist |  |

Stretching

