

Beginner Cardio Program



FANSHAWE
Student Wellness Centre



Cardio Program

Machine	Time	Distance
Rower	5min	500m
Stationary Bike	5min	N/A
Incline treadmill	5min	N/A

Alternative: Out door walk or jog for 15-20min

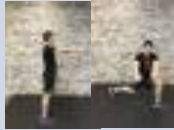
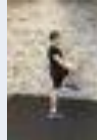


Workout Program

Exercise	Set	Rep	Weight
Spiderman Pushup	3	6-12	BW
Squat Alternative: Goblet squat	3	20	BW
TRX Row Alternative: Bent Over Row	3	10-15	BW
V-hold Alternative: Leg Scissors	3	30sec	BW
Leg Raises	3	30sec	BW



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



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Cardio Program

Machine	Time	Rounds
Burpees	30sec	2-3
Ball Slams	30sec	2-3
Mountain Climbers Alternative: TRX mountain climbers	30sec	2-3


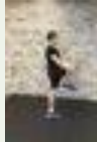


Workout Program

Exercise	Set	Reps	Weight
DB Shoulder Press Alternative: Pike Pushup	4	8-12	
Romanian Deadlift	4	8-12	
Plank Row	4	20	
Walking Lunges Alternative: Split squat	4	10/Leg	
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
Rower Alternative: Pele Row	200m
Ball Slams Alternative	20sec
KB Swings	20sec
Jump Lunges	10/leg

Workout Program

As Many Rounds Possible in 20min

6 Single Leg Romanian DL

6 Single Arm Shoulder Press KB
Alternative: 1 arm Push Press





6 Goblet Squats

6 Decline Pushups
Alternative: Stability Ball Pushup



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

