

1-Week Cardio Routine #1 (Beginner)

Date: _____

Weight: _____

ACTIVITY	TIME	Level	Calories Burned
- Day 1 - Stationary Bike			
WARM UP (light pace)	5 min		
WORKOUT (moderate pace)	30 min		
COOLDOWN (light pace)	5 min		
- Day 2 - Stair Climber			
WARM UP (light pace)	5 min		
WORKOUT (moderate pace)	30 min		
COOLDOWN (light pace)	5 min		
- Day 3 - Treadmill Walking			
WARM UP (light pace)	5 min		
WORKOUT (moderate pace / flat)	9 min		
WORKOUT (moderate pace / incline)	9 min		
WORKOUT (slower pace / incline)	12 min		
COOLDOWN (light pace)	5 min		

NOTES

Specific speeds and inclines should be determined by your current fitness level. Warm-up and cool down should be done at a slower pace than the actual workout.

Supplements Used

_____	_____	_____
_____	_____	_____
_____	_____	_____

1-Week Cardio Routine #2 (Beginner)

Date: _____

Weight: _____

ACTIVITY	TIME	Level	Calories Burned
- Day 1 - Elliptical Machine			
WARM UP (light pace)	5 min		
WORKOUT (moderate pace)	30 min		
COOLDOWN (light pace)	5 min		
- Day 2 - Stationary Bike			
WARM UP (light pace)	5 min		
WORKOUT (moderate pace)	30 min		
COOLDOWN (light pace)	5 min		
- Day 3 - Walking			
WARM UP (light pace)	7 min		
WORKOUT (moderate pace)	30 min		
COOLDOWN (light pace)	5 min		

NOTES

Specific speeds and inclines should be determined by your current fitness level. Warm-up and cool down should be done at a slower pace than the actual workout.

Supplements Used

_____	_____	_____
_____	_____	_____
_____	_____	_____