



# Cardio Combo

Tired of your same old cardio routine? Try one of these and spice up your workout!

1. Treadmill Time: 30 minute workout that gets your heart rate up with incline intervals and time to recover!

<b>Minute</b>	<b>Intensity/Incline</b>	<b>RPE</b>
1-3	A brisk walk to warm-up	3-4
4-6	Moderate jog	5-6
7-9	3% Incline with moderate jog	7-8
10-12	0% Incline with brisk walk	3-4
13-15	Moderate jog	5-6
16-18	3% Incline with moderate jog	7-8
19-21	0% Incline with brisk walk	3-4
22-24	Moderate jog	5-6
25-27	3% Incline with moderate jog	7-8
28-30	0% Incline with brisk walk	3-4

2. Bike Blast: 30 minute workout on the stationary bike provides a blast when standing out of the saddle and allows your heart rate to increase while being able to recover in the next minutes.

<b>Minute</b>	<b>Intensity/RPM</b>	<b>RPE</b>
1-3	90 RPM	3-4
4-6	70-90 RPM sit in saddle level 7	5-6
7-9	50-60 RPM stand up out of saddle level 13	8-9
10-30	Repeat minutes 4-9	5-6/8-9

3. Elliptical with Energy: 30 minute workout increases the number of strides for 4 minutes and then while holding that stride number the level increases. Get ready for a kick-butt routine!

<b>Minute</b>	<b>Intensity/Level</b>	<b>RPE</b>
1-3	Warm-up level 5	3-4
4-8	Increase strides level 5	5-6
9-13	Keep strides from above minutes/level 8-10	7-8
14-16	Recover level 5	3-4
17-29	Repeat minutes 4-16	Varies
29-30	Cool Down	3-4

\*\*RPE is based on a scale of 1-10. 1 is really, really easy, 5 allows you to speak sentences, 7-8 allows you to speak sentence fragments, and 9-10 is heavy breathing and you are not able to talk\*\*\*

**For more information, ask one of your certified personal trainers**