

Cardio Programs

Burnin' UP	MINUTES	INCLINE	INTENSITY
WALK	5	0	3.5-3.7
RUN	5	0	5.0-5.7
WALK	3	2	3.5
CIRCUIT	1 min. each exercise with 30 sec. rest		
Walking Lunges Push Ups Jump Squats			
WALK	2	0	3.8-4.0
RUN	5	0	5.0-5.5
REPEAT CIRCUIT	1 min. each exercise with 30 sec. rest		
Walking Lunges Push Ups Jump Squats			
RUN	5	0	5.0-5.5
WALK	5	0	3.2-3.5
Total: 39 Mintues			