

CARDIO PROGRAM

SESSION ONE

Exercise	Duration	Rest	Comments
<u>Warm Up</u>			
<u>Treadmill: incline walk</u>	30 mins	N/A	Incline: 5-10% Speed: 3-5km/h
<u>HIIT: box jumps</u>	40s	20s	Perform as a circuit: • 40s work / 20s rest each exercise • Repeat circuit 2-3 x with 60s rest between
<u>HIIT: alternating slams</u>	40s	20s	
<u>HIIT: plank pass</u>	40s	20s	
<u>HIIT: sandbag lunges</u>	40s	20s	
<u>HIIT: burpees</u>	40s	20s	
<u>Cool Down</u>			

[illegible]