

# CARDIO PROGRAM

## SESSION TWO

Exercise	Duration	Rest	Comments
<u>Warm Up</u>			
<u>Treadmill:</u> <u>Norwegian 4x4</u>	4 mins x4	4 mins x4	Warm up: 4 mins  Maximum: 4 mins Active rest: 4 mins (Repeat 4x total)  Cool down: 4 mins
<u>Mobility: hip flexors</u>	8-10 reps each leg	N/A	Perform 8-10 reps of these exercises on each leg to support mobility and reduce chances of injury
<u>Mobility: adductors</u>	8-10 reps each leg	N/A	
<u>Mobility: hamstrings</u>	8-10 reps each leg	N/A	
<u>Cool Down</u>			

[illegible]