CARDIO PROGRAM

SESSION THREE

Exercise	Duration	Rest	Comments				
<u>Warm Up</u>							
<u>Bike: continuous cycle</u>	30 mins	N/A	Resistance: 5-8 Heart rate: 100-120				
<u>HIIT: rower</u>	100m	N/A					
<u>HIIT: wall sit</u>	60s	30s	Perform as a circuit:				
<u>HIIT: rower</u>	100m	N/A	 100m rower sprint as fast as possible 60s isometric hold 				
<u>HIIT: plank</u>	60s	30s	between each row, 30s rest after				
<u>HIIT: rower</u>	100m	N/A					
<u>Cool Down</u>							

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6		
Record speed / incline / weight used for each exercise:							