

# 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	Perform as a circuit:  • 100m rower sprint as fast as possible • 60s isometric hold between each row, 30s rest after
<u>HIIT: wall sit</u>	60s	30s	
<u>HIIT: rower</u>	100m	N/A	
<u>HIIT: plank</u>	60s	30s	
<u>HIIT: rower</u>	100m	N/A	
<u>Cool Down</u>			

[illegible]