




HEALTHY FAMILIES COACH

Gym Cardio Programme

How often can you do this?

Exercises	Notes	Time	Intensity
	Cross-trainer <ul style="list-style-type: none"> - 2 min forward - 2 min pulling and pushing with arms - 2 min legs only - 2 min forward - 2 min backwards 	10 min	
	Bike <ul style="list-style-type: none"> - 1 min normal - 1 min high resistance - 1 min normal - 20 sec sprint - 20 sec normal - 20 sec sprint - 1 min normal - 1 min high resistance - Repeat 	Each set is 6 min	
	Treadmill <ul style="list-style-type: none"> - 2.5 min walk moderately - 30 sec walk fast - Repeat 	Each set is 3 min	

Goals: