

Cardio 3 (You choose between Run or Bike workout)

Movements: Run/Walk or Bike/Stationary Bike

WARM UP (Treadmill/Outdoor Jog or Bike/Stationary Bike)

-Treadmill/Outdoor Jog: 7 minute light jog or walk. You should easily be able to have a conversation during these warmups. On a 1 to 10 scale your Rate of Perceived Exertion should be between a 5 or 6. Heart Rate should be 50-60% of your maximum HR. After your warm up do the following mobility exercises to help open your hips and warm up you muscles and tendons.

Or

-Bike/Stationary Bike: Easy pedal pace and resistance. Simply try to elevate your heart rate and get your muscles and tendons warm before your cycling workout. Heart Rate should be 50-60% of your maximum HR. After the warm up do the following mobility exercises.

MOBILITY

-Right to Right/Left to Left: In a plank, take your right foot towards your right hand, then alternate left foot towards left hand. Try to get your toes as close to, or in front of your finger: 10 reps on each side.

-Right to Right Hold: In a plank, take your right foot towards your right hand and HOLD it. From there, concentrate on your left hip flexor, and slowly raise your hips up and down: 15 reps.

-Left to Left Hold: In a plank, take your left foot towards your left hand and HOLD it. From there, concentrate on your right hip flexor, and slowly raise your hips up and down: 15 reps.

RUN WORKOUT

-5 minute base/comfortable pace. HR 60-70%.

-Increase .3 mph every 3 minutes. Do this 7 times for a total of 21minutes. HR 70-90%.

-Recover for 5 minutes. HR 50-60%.

-Run ½ mile at a fast pace. HR 80-90%.

-Recover for 2 minutes. HR 50-60%.

-Run ¼ mile at a fast pace. HR 80-90%.

-Recover for 5 minutes before stretching. HR 50-60%.

CYCLING WORKOUT

- 5 minute easy pace. HR 60-70%.
- 20 minute moderately high heart rate pace. Your Rate of Perceived Exertion should be between 7 and 8. HR 70-80%.
- 5 minute easy pace. HR 50-60%.
- 15 minutes at moderately high heart rate pace. Your Rate of Perceived Exertion should be between 7 and 8. HR 70-80%.
- 5 minute easy pace. HR 50-60%.
- 6 Rounds of Tabata (Pedal 20 seconds as fast as you can, followed up by 10 seconds of rest. Do this 6 times. HR 80-90%.
- 5 minute of recovery before stretching. HR 50-60%.

STRETCHING

- Hamstring Stretch: 10-30 second hold.
- Glute knee hug: 10-30 second hold.
- Lower lumbar: 10-30 second hold.
- Shoulder Stretch: 10-30 second hold.
- Tricep Stretch: 10-30 second hold.
- Chest and neck Stretch: 10-30 second hold.

GREAT JOB