

## **Cardio 10 (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: 10 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 and 6. Heart Rate(HR) should be 50-60% of your maximum effort. 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(HR) should be between 50-60% of your maximum effort. 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

- Run a 1/4 mile(.25) fast. HR 80-90%.
- Recover for 4 minutes(walk/jog). HR 60-70%.
- Repeat 8 times.
- Recover for 4 minutes(walk/jog). HR 60-70%.
- Run 1/2 mile at your 1/4 pace. HR 80-90%.
- Cool down(walk) for 10 minutes before stretching. HR 50-60%.

### CYCLING WORKOUT

- 10 minute easy pace. HR 55-65%.
- Ride 1/4 mile(.25) fast. HR 80-90%.
- Recover 3 minute easy pace. HR 55-65%.
- Repeat 8 times.
- Ride 1/2 mile at your 1/4 pace. HR 80-95%.
- 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