

## Cardio 11 (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: 5 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%.! 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. 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 70-80%.

-Increase .2mph every 3 minutes. Do this 10 times for a total of 30 minutes. HR 75-85%.

-Recover for 5 minutes. HR 50-60%

-Run ¼ mile at a fast pace. HR 85-90%

-8 rounds of tabata. (20 seconds all out sprint, 10 seconds rest). Do that 8 times. HR 85-95%

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

### CYCLING WORKOUT

-5 minute easy pace. HR 60-70%

-15 minute moderately high heart rate pace. HR 75-85%

-5 minute easy pace. HR 60-70%

-15 minutes again at moderately high heart rate pace. HR 85-85%

-5 minute easy pace. HR 60-70%

-8 Rounds of Tabata (Pedal 20 seconds as fast as you can, followed up by 10 seconds of rest. Do this 8 times. HR 85-95%

-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