

## Cardio 9 (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 keep your heart rate between 60-70%. 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 to 70% 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 set:

Every 30 seconds you increase speed by

.1 or .2 mph. (Heart rate should be in 75-90% range during this set).

Recover for 4 minutes. (Heart rate should drop below 55% of your max heart rate).

Repeat 4 times total

Cool down for 5 minutes!

### CYCLING WORKOUT

5 minute set:

Every 30 seconds you increase speed by 5rpms. (Heart rate should be between 75-90% during this set).

Recover for 4 minutes. (Heart rate should drop below 55% of you max heart rate).

Repeat 4 times total

Cool down for 5 minutes!

GREAT JOB

