

Cardio for Beginners

Make sure to do a light warm up. Jog at a light pace for 3-5 minutes. After the cardio make sure to do a cool down and stretching.

<u>Exercise</u>	<u>Time</u>	<u>Speed</u>	<u>Incline</u>
Walk	3-5 min.	Brisk Pace	0
Run	3 min.	5 mph	0
Walk	3 min	Brisk Pace	0
Run	3 min	6 mph	0.5
Walk	3 min	Brisk Pace	0.5
Run	3 min	7 mph	1.5
Walk	3-5 min.	2.5~3.0mph	0