



ADVANCED CARDIO

Rower &
Cross-Trainer Approx 50 mins

Warm-Up (8 mins)

Why: Increases blood flow, elevates muscle temperature, and enhances performance while reducing injury risk.

Foam Rolling (3 min)

IT Band, Glutes, Quads, Hamstrings: 30 sec each

- How: Slowly roll each area, pausing on tight spots.
- Why: Reduces stiffness and improves mobility

Dynamic Warm-Up (5 min)

- Jumping Jacks: 1 min
- Torso Twists: 1 min
- High Knees: 30 sec
- Inchworms: 10 reps

RPE Scale Reference

- **RPE 1–2:** Very light, easy pace
- **RPE 3–4:** Light, warm-up pace
- **RPE 5–6:** Moderate, can talk but slightly breathless
- **RPE 7–8:** Hard, can speak a few words
- **RPE 9–10:** Very hard, maximum effort

Main Workout (30 mins)

Rowing Machine Intervals – 10 sets

- Time: 10 x 1 min at RPE 8, 1 min easy in between at RPE 4
- How: Sit tall, drive legs, pull handle to chest, return with control.
- Why: Full-body cardio, improves endurance and power.

Cross Trainer Hill Climbs – 2 sets

- Time: 2 x 5 min at 10% incline, RPE 7, 1 min easy in between at RPE 4
- How: Move arms and legs in rhythm, moderate resistance.
- Why: Builds quad/glute endurance.

Core & Balance (10 mins)

BOSU Ball Push-Up to Renegade Row: 3 x 10 reps per side

- How: Feet on BOSU, complete 1 push up into a weighted dumbbell row.
- Why: Combines instability and unilateral strength.

Hanging Leg Raises: 3 x 12 reps

- How: Hang from bar, lift legs to 90° without swing.
- Why: Develops lower abs and grip strength.

Cable Pallof Press – 2 x 12 reps per side

- How: Stand sideways to cable, press handle straight out, hold, return.
- Why: Trains anti-rotation core strength for stability in daily movement.

Cool-Down (7 mins)

Why: Lower heart rate, improve flexibility, reduce muscle soreness, and prevent injury.

Easy Pedal: 2 min

Overhead Reach Side Stretch: 30 sec/side

- How: Reach arm overhead, lean to side.

Standing Calf Stretch: 30 sec/leg

- How: Press ball of foot against wall, lean forward.

Neck Stretch: 30 sec/side

- How: Gently tilt head, hold.

Standing Hip Flexor Stretch: 30 sec/leg

- How: Step back, bend front knee, tuck pelvis.

Programming Notes

- Progression: Add 5% resistance weekly or reduce rest by 10 seconds.
 - RPE Adjustments: Scale efforts to maintain form; avoid RPE 10 unless specified.
 - Hybrid Tips: Pair with kettlebell swings or sled pushes for CrossFit-style conditioning.
- This plan combines elite-level cardio, stability, and core work for athletes aiming to maximise performance and endurance.