



BEGINNER CARDIO

Bike &
Elliptical

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
- Lunges with Reach: 10 reps
- Arm Swings: 1 min
- High Knees: 30 sec

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)

Stationary Bike – x 3 sets

- Time: 7 min moderate pace at RPE 5 + 3 min easy pace at RPE 3
- How: Pedal at steady pace, then slow down.
- Why: Builds lower body endurance, low impact

Elliptical – x 2 sets

- Time: 5 min steady pace at RPE 5 + 1 min rest
- How: Move arms and legs in rhythm, moderate resistance.
- Why: Full-body, joint-friendly cardio.

Core & Balance (10 mins)

BOSU Ball Stand: 2 x 30 sec

- How: Stand on BOSU dome, maintain balance.
- Why: Challenges stability and ankle strength.

Heel-to-Toe Walk: 2 x 10 steps

- How: Walk in a straight line, heel to toe.
- Why: Improves balance and coordination.

Stability Ball Crunch: 2 x 12 reps

- How: Sit on ball, roll down, crunch up.
- Why: Engages abs with added instability.

Side Plank: 2 x 15 sec per side

- How: Lie on side, lift hips, hold.
- Why: Strengthens obliques and stabilisers.

Cool-Down (7 mins)

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

Easy Pedal: 2 min

Standing Calf Stretch: 30 sec/leg

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

Standing Hip Flexor Stretch: 30 sec/leg

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

Overhead Reach Side Stretch: 30 sec/side

- How: Reach arm overhead, lean to side.

Neck Stretch: 30 sec/side

- How: Gently tilt head, hold.

Progression: Increase speed, resistance, or interval length as fitness improves.

- RPE Use: Stay mostly at RPE 4–5 for main cardio, with short intervals at RPE 6–7 for challenge.
- Rest: Take at least one rest day between sessions for recovery.
- Why This Structure?: Cardio, stability, foam rolling, and core work together improve heart health, balance, mobility, and injury prevention.