



BEGINNER CARDIO

Treadmill &
Rowing

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)

Upper Back, Glutes, Quads, Hamstrings, Calves: 30 sec each

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

Dynamic Warm-Up (5 min)

- Arm Circles: 30 sec each direction
- Leg Swings: 30 sec/leg
- Bodyweight Squats: 15 reps
- March in Place: 1 min

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)

Treadmill Intervals - x 3 sets

- Time: 6 min brisk walk/jog at RPE 5 + 2 min recovery walk at RPE 3
- How: Walk/jog at a moderate pace, then slow for recovery.
- Why: Intervals boost cardiovascular fitness and calorie burn

Rowing Machine - x 2 sets

- Time: 5 min moderate pace @ RPE 5 + 1 min rest
- How: Drive legs, pull handle to chest, return with control.
- Why: Full-body cardio, improves endurance and posture.

Core & Balance (10 mins)

Single-Leg Balance: 2 x 30 sec per leg

- How: Stand on one leg, hold, switch.
- Why: Improves ankle, knee, and hip stability.

Standing Knee Lift with Hold: 2 x 10 reps per leg

- How: Lift knee to hip height, pause, lower.
- Why: Builds balance and core control.

Dead Bug: 2 x 10 reps

- How: Lie on back, arms up, lower opposite arm/leg, return.
- Why: Teaches core stability and coordination.

Plank: 2 x 20 sec hold

- **How:** Forearms and toes on floor, body straight.
- Why: Builds core endurance and stability.

Cool-Down (7 mins)

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

Slow Treadmill Walk: 2 min at RPE 2

- How: Walk at easy pace to lower heart rate.

Standing Quad Stretch: 30 sec per leg

- How: Pull foot to glute, keep knees together.

Seated Hamstring Stretch: 30 sec per leg

- How: Sit, extend leg, reach toward toes.

Chest Opener: 30 sec

- How: Clasp hands behind, lift arms, open chest.

Shoulder Stretch: 30 sec per arm

- How: Pull arm across chest, hold.

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

- RPE Use: Stay mostly at RPE 5–6 for main cardio, with short intervals at RPE 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