



INTERMEDIATE CARDIO

Bike &
Stair Climber

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)

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

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

Dynamic Warm-Up (5 min)

- Butt Kicks: 1 min.
- Dynamic Lunges: 10 reps
- Arm Circles: 1 min
- Torso Rotations: 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)

Bike Intervals – 6 sets

- Time: 2 min hard at RPE 7 + 1 min easy at RPE 4
- How: Pedal at a challenging pace, then slow down for recovery.
- Why: Builds lower body endurance and raises heart rate.

Stair Climber Steady State – 2 sets

- Time: 6 min steady at RPE 5
- How: Step at a consistent pace, upright posture, use handrails lightly.
- Why: Strengthens legs and glutes, elevates cardiovascular demand.

Core & Balance (10 mins)

Single-Leg Romanian Deadlift (Bodyweight): 2 x 8 per leg

- How: Stand on one leg, hinge at hips, reach forward, return.
- Why: Improves balance and hip stability.

Standing Star Reach: 2 x 6 per leg

- How: Stand on one leg, reach arms in different directions.
- Why: Enhances proprioception and balance.

Reverse Crunch: 2 x 15 reps

- How: Lie on back, lift knees to chest, lower slowly.
- Why: Targets lower abs and core control.

Side Plank: 2 x 20 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.

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.

Triceps Stretch: 30 sec per arm

- How: Reach hand down back, gently pull elbow.

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