



INTERMEDIATE 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 – 6 sets

- Time: 2 min row at RPE 6 + 1 min easy 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 (Elliptical) Steady State – 2 sets

- Time: 6 min steady at RPE 5
- How: Move arms and legs in rhythm, moderate resistance.
- Why: Low-impact, full-body aerobic conditioning.

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.

Bird Dog: 2 x 12 reps per side

- How: On all fours, extend opposite arm/leg, hold, return.
- Why: Improves balance and core control.

Russian Twist: 2 x 20 reps

- How: Sit, lean back, twist torso side to side.
- Why: Trains rotational core strength.

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.

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