

GET STARTED WITH CARDIO!

JB PAL - POWER ABILITY LEARN



MADE WITH INFORMATION FROM VERYWELL FIT, HEALTHLINE, CLEVELAND CLINIC, BETTER ME

WHAT IS CARDIO?



Cardio = cardiovascular exercise.

It elevates your heart rate and causes your breathing rate to increase.

It is very beneficial for your heart health and supports an overall healthy lifestyle.



RUNNING AND WALKING

Running and walking are great, free and accessible forms of cardio. It can lead to injuries in your lower joints but with the right shoes, correct rest and not rushing progress can be a great form of cardio. You can do this outside or inside.

Example 30 minute workout - 3 minute walk, 3 minute run x10

CYCLING

Cycling is another form of cardio that can be done inside or outside. Bikes in the gym are a great way to engage in this without worrying about balance issues. Cycling outside can provide a great opportunity to get some fresh air.

Example 30 workout - Warm up for 5 minutes, cycle fast for 20 minutes, cool down for 5 minutes.

SWIMMING



Swimming is an excellent low impact form of cardio. It is very good for your joints and allows movement in a way that reduces injury risk. You do need to be confident in the water for this.

Example 30 minute workout - 8 lengths then rest for 1 minute, repeat until reach 30 minutes

CARDIO CLASSES



Cardio classes are a great opportunity to experience multiple types of cardio training. It can be really motivating to be part of a group performing the exercises together! Not all places offer this.

Example 30 minute workout - High intensity interval training

ROWING



Rowing is a great full body workout which is low impact on joints. It can aid in muscle building and enhancing cardiovascular health. It does require some practice to get the right technique!

Example 30 minute workout - steady rowing for 3 minutes, faster rowing for 3 minutes x10.

ELIPTICAL



The eliptical machine is an excellent full body, low impact exercise suitable for all fitness levels. It does not need much training or complex understanding.

Example 30 minute workout - 30 mintue steady

MAKE SURE YOU CHOOSE THE RIGHT FITT FOR YOU



Frequency
Intensity
Type
Time



CHOOSE WHICH ONE MAKES YOU AND YOUR BODY FEEL GOOD!



START SLOW AND GO FROM THERE.



THIS IS DIFFERENT FOR EVERYONE AND INDIVIDUAL TO THEIR GOALS.