



MY HOME SPAR GYM





CARDIO PLAN

Cardio days (For each week these fall on Day 2, 4 and if possible, Day 6).

- You should aim to do a minimum of 1 cardio day per week and at most 3 cardio days. Please make sure that you have at least 1 rest day per week.
- Cardio exercise can include swimming or cycling instead of fast paced walking or running.
- If you haven't run before, it's best to start walking first and gradually progress onto a jog, then increase your pace and start running. It's important to wear shoes with good support such as running shoes.
- Remember that if you start to feel dizzy or have chest pains, slow down and consult with your doctor. Don't walk or run if you have a cold or flu.
- The only thing you need to measure is the time walking, jogging or running. If you want to calculate the distance you walk/run you can use a maps app on your phone or use your car to measure the distance. Just make sure that it is safe to exercise in that area.

IT'S TIME TO GET STARTED!

FOLLOW THE GUIDE BELOW:

 WEEK	 WALK	 JOG/RUN	 REPETITION	 TOTAL WORKOUT TIME
Week 1	15 min walk	-	-	15 mins
Week 2	20 min walk	-	-	20 mins
Week 3	3 min walk	1 min jog / run	X5	20 mins
Week 4	2 min walk	1 min jog / run	X7	21 mins
Week 5	2 min walk	1 min 30 seconds jog / run	X6	21 mins
Week 6	1 min 30 sec walk	2 min jog/run	X6	21 mins
Week 7	1 min walk	2 min jog / run	X7	21 mins
Week 8	1 min walk	3 min jog / run	X6	24 mins