



WORKOUT PLAN **ADVANCED**

This plan will improve and increase cardiovascular fitness and muscular endurance.

For further advanced training to take your fitness to the next level please speak to one of our Personal Trainers who can guarantee results.

A large heart-shaped graphic on the right side of the page. Inside the heart is a photograph of a person running on a treadmill. Overlaid on the heart is a large white number "3" and the word "CARDIO" in a bold, white, sans-serif font.

3 CARDIO

SHAPE



KAL

Exercise / Equipment	Time / Sets / Reps
Rower	6-8 x 200m sprints, 30 sec rest between Level 5-10 aim to maintain speed
Walking Lunges with rotation	10 x reps (each leg)
Squat and Reach	15 reps
Walkouts with Mountain Climber	12 reps to T position
Bike	Profile 1/3/6, 10-15 mins, level 7, speed 70+

Complete the 4 exercises below consecutively then rest for 30-45 secs. Repeat 3-5 times

Squats	x 10
Explosive Lunges	x 10
Walkouts	x 10
Bunny hops over Step	x 10

Please perform a 5 min warm up & cool down either side of this workout.

Not sure? Please ask a member of our team.

NOTES:

