



WORKOUT PLAN BEGINNER

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.



SHAPE



KAL



WORK OUT PLAN BEGINNER

Exercise / Equipment	Time / Sets / Reps
Warm up/pulse raiser - Cross Trainer or Vario	5-8 mins, speed 100+, increase level every 1-2 mins, RPE 3-5
Step Ups	2 x 1 min followed by 30 sec rest RPE 6-8
Step Over Box	2 x 15 reps with 30 sec rest
Rower	1000m aim to decrease personal best
Arm Cycle (seated or standing)	5 mins, RPE 6-8, speed 50+
Cool down and stretch	

If you can comfortably complete the workout why not try Cardio 2?
Not sure? Please ask a member of our team

