



WORKOUT PLAN INTERMEDIATE

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

For further intermediate 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 "2" and the word "CARDIO" in white, bold, sans-serif capital letters.

2 CARDIO

SHAPE



KAL

Exercise / Equipment	Time / Sets / Reps
Cross Trainer or Vario	5 mins
Treadmill	1 min walk/jog on 1% gradient, increase speed and/or gradient to reach RPE 8 for 1 min, decrease to RPE 6, repeat x 3
Step Box Jumps	20 reps, 30 sec rest x 4 on low step
Walkouts	10 reps, 30 sec rest x 2/3
Battle Rope Slam or Slam Ball	20 slams, 30 sec rest x 4
Mountain Climbers	30 secs, 30 sec rest x 3

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

**Not sure?
Please ask a
member of our
team.**

NOTES:

