



Aerobic Exercise – Weekly Program Card



BEGINNER EXAMPLE

Session #1			Session #2		
WARM-UP	Bike Ergometer	<u>Time:</u> 3 mins	WARM-UP	Treadmill Walk	<u>Time:</u> 3 mins

EXERCISES	CONTINUOUS		HIIT TRAINING		EXERCISES	CONTINUOUS		HIIT TRAINING	
	<u>Time</u>	<u>Level</u>	<u>Work : Rest</u>	<u>Sets : Level</u>		<u>Time</u>	<u>Level</u>	<u>Work : Rest</u>	<u>Sets : Level</u>
#1 – Bike Ergometer	15 mins	80 watts	N/A	N/A	#1 – Brisk Walk	30 mins	Level 4	N/A	N/A
#2 – Brisk Walk	15 mins	Level 4	N/A	N/A	#2				
#3					#3				

STRETCHES	Quad. / Ham. / Calf	SESSION RPE	10	STRETCHES	Quad. / Ham. / Calf	SESSION RPE	8
MAX HR	167	AVG HR	143	MAX HR	165	AVG HR	140

Session #3			Session #4		
WARM-UP	Bike Ergometer	<u>Time:</u> 3 mins	<p>NOTE: THE FIGURES PROVIDED IN THIS SHEET ARE GIVEN AS <u>EXAMPLES ONLY</u>.</p> <p>THE BEGINNER PHASE REQUIRES 3 SESSIONS PER WEEK, AND ONLY CONTINUOUS AEROBIC ACTIVITY (<u>NO</u> HIGH-INTENSITY INTERVAL TRAINING). START LOW AND GRADUALLY BUILD!</p> <p>FOR INFORMATION REGARDING THE LENGTH AND PROGRESS OF YOUR EXERCISES, REFER TO “AEROBIC SUMMARY” ON THE “BEGINNER PROGRAM” WEBPAGE.</p>		

EXERCISES	CONTINUOUS		HIIT TRAINING	
	<u>Time</u>	<u>Level</u>	<u>Work : Rest</u>	<u>Sets : Level</u>
#1 – Bike Ergometer	15 mins	80 watts	N/A	N/A
#2 – Cross Trainer	15 mins	60 watts	N/A	N/A
#3				

STRETCHES	Quad. / Ham. / Calf	SESSION RPE	11
MAX HR	169	AVG HR	145

Comments: _____