

Cardiovascular Endurance



Cardiovascular exercises improve the body's circulatory and respiratory systems (heart & lungs) in order to participate in physical activity.

Together, pick one or two activities (if two do for 10 to 15 minutes each) to get your heart rate up for 20 to 30 minutes. This can be done on machines or around the gym/track.

Cardiovascular exercises can be done at a light, moderate, or high intensity level. An easy way to determine level of intensity is to think about your heart rate, breathing, and conversations:

- Light intensity = light breathing, casual conversations
- Moderate intensity = medium breathing, some conversations
- High intensity = heavy breathing, no conversations

To get the most out of your cardiovascular time and see fitness improvements, try to stay in the moderate or high intensity levels as long as possible. You should be adjusting your speed and resistance levels on each cardio exercise/machine in order to challenge yourself and increase your heart rate.

Find descriptions and examples of cardiovascular exercise options in this section (pages 24-32).

Treadmill



Description: Use this time to get your heart rate up by walking or running for 20 to 30 minutes.

Instructions

1. Step on to the center of the treadmill and attach the safety clip.
2. When you are ready, press the start or quick start button.
3. Hold the handrails if needed and begin to walk slowly as the belt turns.
4. When you feel comfortable, press the up arrow to increase speed (ask for assistance if you need help).
5. Increase and/or decrease speed throughout the workout to change intensity when needed.
6. When you are finished, decrease the speed to a slow walk, press the stop button and detach the safety clip.

Tips & Modifications

- Listen to your heart and breath. If you are having a hard time breathing, slow down.
- Treadmills can have many options & buttons, check with gym staff if you need help.
- Toward the end of your cardiovascular exercise, decrease your speed, take time to slow your breathing, and reduce your heart rate.

Speed Ranges (miles per hour): 1.0-2.0 mph = walk, 2.0-3.0 mph = fast walk, 3.0-4.0 mph = jog, 4.0 and up = run



Walk/Run (indoor/outdoor)



Description: Use this time to get your heart rate up by walking or running on the track or trail for 20 to 30 minutes.

Instructions

1. Start out at a brisk walk or jog and gradually increase your speed.
2. Match pace with your partner.
3. If you need to take a break, walk for 1 minute, then start running again.
4. Towards the end of your cardiovascular time, slow down to lower your heart rate.

Tips & Modifications

- You can always do a combination of walking and running (e.g., walk for 1 min., run for 2 min. and repeat).
- Always remember to use proper running form: pump arms and keep your chest up.
- If you are walking, walk at a moderate or high intensity.



Stationary Bike



Description: Get your heart rate up by riding a recumbent or stationary bike for 20 to 30 minutes.

Instructions

1. Pick a machine and adjust the seat so that your knees are slightly bent.
2. When you are ready, start pedaling for a quick start.
3. Start slow, then monitor and adjust your speed and resistance appropriately.
4. When you are finished, decrease the speed and resistance.
5. Gradually bring your pedaling to a stop.

Tips & Modifications

- If you want a tailored cardio workout, select a program on the machine (e.g., interval, hills).



Click here or scan the QR Code to the right to watch video instructions!



Rowing Machine



Description: Get your heart rate up by using a rowing machine for 20 to 30 minutes.

Instructions

1. Check resistance on the side of the machine. Adjust if needed.
2. Carefully sit down onto the machine seat and place your feet into foot rests (remember to strap your feet in).
3. If you are on a rowing machine that has a monitor with options, select start.
4. Reach forward and grab the rower handle with your knees slightly bent and your back straight.
5. Carefully pull the handle towards your chest and push feet against the footrest at the same time, until legs are fully extended.
6. Slide forward into the starting position with your knees bent, arms extended and back straight.
7. Continue at a comfortable pace for 20-30 min.
8. When you are finished, slowly and carefully place the row bar back into the holder.

Tips & Modifications

- Remember proper form by keeping your back straight.
- When legs are extended, do not lock your knees.
- If you need a break, pause for 1 minute, then continue rowing.



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Elliptical



Description: Get your heart rate up by using an elliptical for 20 to 30 minutes.

Instructions

1. Step on to the machine's foot pedals and hold on to the handle bars.
2. When you are ready, press the start or quick start button.
3. Hold the handle bars and begin pedaling your feet, alternating each leg and arm.
4. Foot pedals and handlebars will move in opposition (when your right foot goes back, your left arm reaches forward).
5. Increase and/or decrease resistance throughout the workout to change intensity when needed.
6. When you are finished, decrease your pedaling to a stop and safely step off the machine.

Tips & Modifications

- If you want a tailored cardio workout, select a program on the machine (e.g., interval, hills).
- It may take time to understand the movements of an elliptical, go slow until you feel comfortable with the rhythm.



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Stair Climber



Description: Get your heart rate up by a stair climber for 20 to 30 minutes.

Instructions

1. Step on to the lowest stair, and climb up to the highest stair holding the hand rails and attach the safety clip.
2. When you are ready, press the start or quick start button.
3. The stairs will begin to slowly move downward; begin walking up the stairs.
4. Increasing the speed will make the stairs move faster.
5. Pick an appropriate speed so you can safely stay as close to the top stair as possible.
6. When you are finished, slow the speed to a stop and carefully step down.

Tips & Modifications

- Pay attention to your feet and the steps as you use the stair climber.
- If you can not keep up with the stairs, lower your speed or press stop.
- If you want a more challenging step workout, pick a program, skip every other step, step sideways, or use any other step variations.



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Body Weight Circuits



Description: Get your heart rate up by completing body weight circuits for 20 to 30 minutes. Pick 3-5 exercises and complete 3 sets. Be creative, feel free to use other body weight cardio exercises.

Air Punches

1. Stagger feet with dominant hand and foot back, punch forward with non-dominant hand (jab), then pivot and cross punch with dominant hand. Repeat for 1 min.

Jumping Jacks

1. Perform jumping jacks with proper form for 1 minute.

Jump Rope

1. Jump rope for 1 minute.
2. Add jumping variations.
3. If you do not have jump rope, go through the motions without the rope.

Burpees

1. Step down into plank position
2. Lower your chest to the floor
3. Jump or step your feet up to hands
4. Stand up tall
5. Complete 5 burpee cycles

Mountain Climbers

1. In push-up position with a flat back, pull your right knee in towards your chest, step back and pull your left knee towards your chest. Continue alternating feet for 1 minute.



Dance/Zumba



Description: Get your heart rate up by dancing or doing Zumba for 20 to 30 minutes.

Instructions

1. Pick a zumba or dance video.
2. Dance with your partner for 20-30 minutes.



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