

## Printable indoor cardio boredom busting workout

### Part A

| <u>time</u> | <u>exercise</u> | <u>speed</u> | <u>incline/resistance</u> |
|-------------|-----------------|--------------|---------------------------|
| 5 mins      | Jog (warm-up)   | medium       | 1                         |
| 2 mins      | jog             | medium       | 2                         |
| 2 mins      | jog             | medium       | 3                         |
| 2 mins      | jog             | medium       | 4                         |
| 2 mins      | jog             | medium       | 5                         |
| 3 mins      | jog             | medium       | 6                         |
| 2 mins      | Jog/walk        | slow         | 1                         |

### + Part B

|            |          |      |   |
|------------|----------|------|---|
| 30 seconds | run      | fast | 1 |
| 1 min      | Jog/walk | slow | 1 |
| 30 seconds | run      | fast | 1 |
| 1 min      | Jog/walk | slow | 1 |
| 30 seconds | run      | fast | 1 |
| 1 min      | Jog/walk | slow | 1 |
| 30 seconds | run      | fast | 1 |
| 1 min      | Jog/walk | slow | 1 |

### Part C

|        |          |              |     |
|--------|----------|--------------|-----|
| 1 min  | run      | fast         | 1   |
| 2 mins | Jog/walk | slow         | 1   |
| 2 mins | run      | medium/ fast | 1   |
| 2 mins | Jog/walk | slow         | 1   |
| 3 mins | run      | medium       | 4-5 |
| 2 min  | Jog/walk | slow         | 1   |
| 4 min  | Jog/walk | medium       | 1   |
| 5 min  | Jog/walk | slow         | 1   |