

Cardio Plan

Workout 1

Exercise	Speed	Incline/ Level	Duration	Notes

Workout 2

Exercise	Speed	Incline/ Level	Duration	Notes

Workout 3

Exercise	Speed	Incline/ Level	Duration	Notes

Workout 4

Exercise	Speed	Incline/ Level	Duration	Notes

Workout 5

Exercise	Speed	Incline/ Level	Duration	Notes

Workout 6

Exercise	Speed	Incline/ Level	Duration	Notes