

Cardio / Xtraining program 3 for the Gym on the weekends

Choose your level.

Beginner / Moderate / Advanced

Warm up – 5 min walking on the treadmill at 5.6km/hr

This workout is 3 circuits – each circuit as follows:

	Beginner	Moderate	Advanced
Cycle	1.5km	2km	2.5km
Plank	40 sec	60 sec	75 sec
Rowing	500 meters	700 meters	850 meters
Run	400 meters	600 meters	800 meters
Sit ups	10	20	30
Push ups	10	15	25
Tricep Dips	10	15	20

Finish with stretches

Lower Back, Glutes, Hamstrings, Calf, chest, arms/shoulders

