

WARM UP: 3 MINUTES

3 minutes in total. your first minute will be done at a very slow pace. When you hit minute 2, pick up your pace a bit. For minute 3 you will begin to work at a pace where your breathing will still be a bit more labored.

WORKING PHASE: 19 MINUTES

Congratulations! You have progressed past the beginner phase.

Here we will modify the ratios and resistance. Your working phase will still be 30 seconds, but your active recovery phase will be 60 seconds. The pace for your recovery will remain the same as it was in your beginners phase but the intensity of your active phase will increase.

INTENSITY:

For your 60 second recovery phase you should match the intensity from the active recovery of your beginner workout. For the working phase, it is time to push a bit more. This time when working on the treadmill you will start working at the pace from your beginner phase but introduce inclines by increasing the elevation on the treadmill. If you are using an elliptical or bike you will simply push your self to pedal faster and begin increasing the machine resistance.

Your overall output in the phase will be significantly higher than in the beginner phase. Since you are reducing the amount of time spent in the recovery phase you are spending more time in the working phase at a higher level.

COOL DOWN: 3 MINUTES

This will be a reverse of your warm up. The first minute of your cool down should match the pace of the final minute of your warm. Your final minute of the cool down should match the pace of the first minute of your warm up.

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WHY THIS WORKS SO WELL:

This type of cardiovascular training is far superior to the type of training done by many gym members because it is easy to follow, more fun, and takes up much less time!

It is also easy to make changes to keep progressing at your own pace once you learn the basic concepts.

INTERMEDIATE LEVEL:

You have been working on the beginner level and are bouncing back quickly from your workouts. You are ready to start mixing new variables into your routine.

WHAT TO EXPECT:

As always, listen to your body. If you feel like your working phase should last longer than the prescribed interval, you're not working hard enough. Here you will begin moving up the intensity slightly each workout until you feel like your working phase is truly a challenge. **Our coaches are here to help you find the correct working ratios on each cardio piece.**

***As always, please consult a physician before starting this workout program.**

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