

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 on your own once you learn the basic concepts.

BEGINNER LEVEL:

New to exercise or just getting back into it.

If you haven't been exercising regularly, have never really done a more intense training program or are over 60 years of age, begin slowly. This type of training is effective for adult exercisers of any age, but going too hard too soon can leave you susceptible to injury, which will sideline your efforts and delay your goals. **Our coaches will help you find optimal starting ratios for your workouts.**

WHAT TO EXPECT:

This type of training is based on work to active recovery ratios. During the working phase you should feel like you are working harder than normal. You will breathe heavier and your working muscles (usually your legs) will begin to burn. Don't worry, these work periods are short and followed by recovery.

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

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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: 14 MINUTES

This will be an interval program where you alternate between more intense working phases and less intense active recovery phases.

The working phase will last 30 seconds. The active recovery phase will last 90 seconds. Use the timer on your machine to keep track of your phases.

INTENSITY:

Your 30 second working phase will be done at a pace that is a challenge for you. You should be breathing heavy and your legs should begin to burn. If you feel like you could keep this pace going longer than 30 seconds increase your pace or resistance. Your 90 second active recovery phase should be done at a pace that is less challenging than your working pace but not easy. It usually will be between your minute 2 and minute 3 warm up pace. Repeat these intervals alternating between the 30 second work phase and the 90 second recovery phase for the full 14 minutes.

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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