

# Cardio Circuits



## **WHAT IS IT?**

Everyone chases the same goal! Move in groups, chase the pack, climb mountains, and jump your way to the new you! Burning calories and strengthening your lower body has never been more fun! This 50-minute cardio program is aimed for anyone that can walk and climb stairs!

## **WHAT WILL I DO?**

The Circuit consists of 10 sections that make use of different levels, speeds, and intensity to create a fun and highly effective, interval-based, cardiovascular workout.

1. Walk it out – We start off in a group walk warming up all our muscles and getting us ready for the challenge ahead!
2. Jog Jig – This is where the intensity begins to increase and the workout feels like it really gets started. We move into a light jog with different strides to keep us motivated.
3. Skip it – The pace comes down but the intensity does not. Repeated skipping motions and jump ropes keep the physical intensity of the workout rising.
4. Sprints – Repeated working sections, with quick recoveries between, push you toward higher intensity to increase your endurance.
5. Jump around – To bring you high above the ground you just plowed through we move on to the plyometric training!
6. Tag Team – Get in the race to get out of breath and challenge your fitness.
7. Longer –An opportunity to challenge your distance abilities.
8. Step it up – The road has turned upward, the feel returns to strength. You'll notice the results in your legs from the levels you will climb in this section.
9. Recovery – You'll feel a sense of accomplishment as you look back on your workout while you take an easy walk to cool down.
10. Stretch – Wrap up your recovery and relax from your workout.

## **IS IT FOR ME?**

If you want to improve your cardiovascular fitness, burn calories, burn fat, shape and strengthen your lower body, and have fun doing it, then the Cardio Circuit is for you. This class attracts people with all different levels of exercise experience, fitness, and exercise goals because you control the intensity of your workout.

## **HOW OFTEN SHOULD I DO IT?**

Ultimately this is a cardio workout, so you can do it once a week in conjunction with other workouts or you can do it most every day as your primary exercise routine. Those who are new to exercise would not want to do too much too soon, but as fitness levels and the ability to recover improve, workout volume and intensity can increase. How you feel is your best judgment of your body's recovery requirements between workouts.

**\*\* Don't forget your water bottle! \*\***