



**Treadmill beginner cardio workout**

**Disclaimer:**

1. Always consult a physician before starting a new exercise routine and stop exercising immediately should you feel any discomfort, feel faint, become dizzy or experience pain.
2. Always inspect equipment prior to use, and do not use if any damaged or worn parts are detected.
3. Use exercise in conjunction with a healthy eating plan.
4. Only use the product for its intended purpose to prevent injury.

**Exercise program:**

1. Start out with 3 days
2. Intensity: Medium
3. Do this program for 4 - 6 weeks then request a progression to this exercise program

Day	Exercise	Muscle group	Time	Intensity	Notes/ exercise execution
1	Walk to warm up	Legs and cardio	5 min	Slow and easy	Do leg stretching for 2 mins after and return to treadmill
	Flat jogging	Legs and cardio	15 min	Low. Breathing should be aerobic, you should have no need to stop	
	Flat interval running	Legs and cardio	8 min	Run for 1 min, slow jog for 1 min, and repeat for the full 8 mins	
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3	Walk to warm up	Legs and cardio	5 min	Slow and easy	Do leg stretching for 2 mins after and return to treadmill
	Incline jog	Legs and cardio	20 min	Medium. Breathing should be aerobic, you should have no need to stop	Put incline to full.
	Incline run	Legs and cardio	4 min	Go faster than the jog but not at full pace	Have incline at half
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5	Walk to warm up	Legs and cardio	5 min	Slow and easy	Do leg stretching for 2 mins after and return to treadmill
	Flat jogging	Legs and cardio	15 min	Low. Breathing should be aerobic, you should have no need to stop	
	Flat interval running	Legs and cardio	8 min	Run for 1 min, slow jog for 1 min, and repeat for the full 8 mins	
<b>6</b>					