



Shape 200 intermediate 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 4 days and 45 mins
2. Intensity: High
3. Do this program for 6 - 8 weeks then move to the advanced program program

Day	Exercise	Muscle group	Time	Intensity	Notes/ exercise execution
1	Warm up cycle	Legs and cardio	5 mins	Relaxed	Do leg stretching for 2 mins after and return to bike
	Seated cycling	Legs and cardio	24 mins	Medium. Breathing should be aerobic, you should have no need to stop	
	Seated cycling, add tension	Legs and cardio	14 mins	Add tension with the hand mico adjuster, tension should allow for 14 more mins at a high effort level	
2	Rest				
3	Warm up cycle	Legs and cardio	5 mins	Relaxed	Do leg stretching for 2 mins after and return to bike
	Seated cycling	Legs and cardio	20 mins	Low. Breathing should be aerobic, you should have no need to stop	
	Standing cycling, add tension	Legs and cardio	10 mins	Add tension with the hand mico adjuster, tension should allow for 8 more mins at a high effort level	Remain off the seat for these final 10 mins
	Return to seated cycling (interval)	Legs and cardio	8 mins	With these last 8 mins, push at your max for a full minute, then go slow for a minute, repeat this till time is up	Its important to give this last exercise your all to increase your fitness level
4	Rest				
5	Warm up cycle	Legs and cardio	5 mins	Relaxed	Do leg stretching for 2 mins after and return to bike
	Seated cycling	Legs and cardio	24 mins	Medium. Breathing should be aerobic, you should have no need to stop	
	Seated cycling, add tension	Legs and cardio	14 mins	Add tension with the hand mico adjuster, tension should allow for 14 more mins at a high effort level	
6	Rest				
7	Warm up cycle	Legs and cardio	5 mins	Relaxed	Do leg stretching for 2 mins after and return to bike
	Seated cycling	Legs and cardio	20 mins	Low. Breathing should be aerobic, you should have no need to stop	
	Standing cycling, add tension	Legs and cardio	10 mins	Add tension with the hand mico adjuster, tension should allow for 8 more mins at a high effort level	Remain off the seat for these final 10 mins
	Return to seated cycling (interval)	Legs and cardio	8 mins	With these last 8 mins, push at your max for a full minute, then go slow for a minute, repeat this till time is up	Its important to give this last exercise your all to increase your fitness level