



Shape 200 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 and 30 mins and work your way to the full times and days
2. Intensity: Medium
3. Do this program for 4 - 6 weeks then move to the intermediate 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	15mins	Low. Breathing should be aerobic, you should have no need to stop	
	Seated cycling, add tension	Legs and cardio	8 mins	Add tension from level 1-8, go to 4 and cycle slightly faster than before	
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	15mins	Low. Breathing should be aerobic, you should have no need to stop	
	Standing cycling, add tension	Legs and cardio	8 mins	Add tension from level 1-8, go to 4 and cycle slightly faster than before	
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	15mins	Low. Breathing should be aerobic, you should have no need to stop	
	Seated cycling, add tension	Legs and cardio	8 mins	Add tension from level 1-8, go to 4 and cycle slightly faster than before	