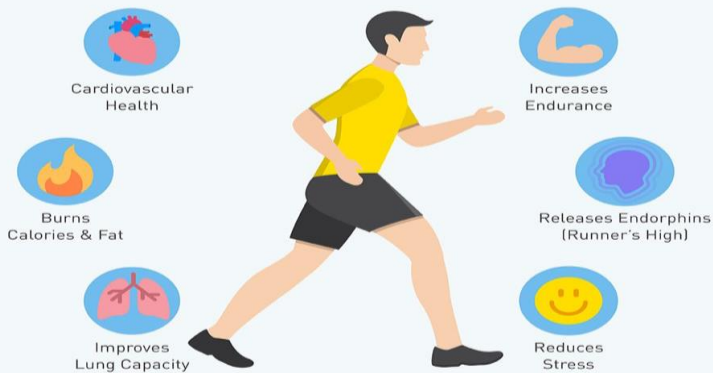


# CARDIO GUIDE FOR BEGINNERS

Cardio is defined as doing a rhythmic activity that raises your heart rate to a point of where you'll burn the most fat and calories. It is essential to any exercise routine and can be very effective in helping you achieve your fitness goals.

## BENEFITS OF **CARDIO**



## GETTING STARTED



### START SLOW AND WORK YOUR WAY UP

- Too much too soon can lead to injuries & misery
- Don't worry about pace or distance - focus on routine and time

**Tip:** Increase duration & intensity each week



### CONSISTENCY IS KEY

- Find an exercise you enjoy & will stick to
- Regular exercise results in consistent improvements

**Tip:** Start with 3 days a week, 20-minutes at a time



### TRY NEW EXERCISES

- You will work new/different muscles each time
- Avoid plateaus & boredom with new exercises

**Tip:** Change your routine every 4-6 weeks



### QUALITY RUNNING SHOES

- Find shoes that are comfortable & provide support



### STRETCHING & COOL DOWN

- End each exercise with a cool down and controlled breathing
- Stretching keeps you flexible and less injury prone routine and time

**Tip:** Stretching warm muscles is more effective and safe

## CARDIO EQUIPMENT



**Treadmill**

Most popular, straightforward, and versatile



**Elliptical**

Low-impact, builds strength, and full-body workout



**StairMaster**

Builds stamina & lower-body strength, low-impact



**Indoor Cycle**

Burns fat, low-impact, and fun



**Row Machine**

No-impact, improves core & upper body strength, easy to use



**Swimming**

Best for heart & lung health, burns fat, no-impact

The point of cardio is to get your heart rate up, breathing harder and burning calories. As you will quickly find out, it can be really uncomfortable in the beginning. The good news is it will only get easier with routine and time so stick to it! You've got this!



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