



Four-week Workout

Cardio: Bike, Elliptical or Arc Trainer

40- to 45-minute workout on BEA -- Bike, elliptical or Arc Trainer (Interval Training)

Scale of effort

1-easy pace

3-conversation pace

5-challenging to hold conversation

7-steady breathing, more challenging

10-all out

Week 1

	Time	Effort
Warm up	10 minutes	1/3
Workout on BEA	2 minutes	2/3
	1 minute	3/4
	2 minutes	7/8
	1 minute	1/3
	2 minutes	7/8
	1 minute	3/4
	1 minute	7/8
	1 minute	3/4
	1 minute	7/8
	1 minute	3/4
	1 minute	7/8
	1 minute	3/4
	30 seconds	8/9
	1.5 minutes	3/4
	30 seconds	8/9
	1.5 minutes	3/4
	30 seconds	8/9
	1.5 minutes	3/4
	30 seconds	8/9
	1.5 minutes	3/4
	30 seconds	8/9
	1.5 minutes	3/4
Cool down	10 minutes	2/3

Scale of effort

1-easy pace

3-conversation pace

5-challenging to hold conversation

7-steady breathing, more challenging

10-all out

Cardio: Cardio: Bike, Elliptical or Arc Trainer**Week 2**

	Time	Effort
Warm up	10 minutes	1/3
Workout on BEA	4 minutes	7/8
	1 minute	1/3
	4 minutes	7/8
	1 minute	1/3
	4 minutes	7/8
	1 minute	1/3
	30 seconds	8/9
	1.5 minutes	3/4
	30 seconds	8/9
	1.5 minutes	3/4
	30 seconds	8/9
	1.5 minutes	3/4
	30 seconds	8/9
	1.5 minutes	3/4
Cool down	10 minutes	2/3

Scale of effort

1-easy pace

3-conversation pace

5-challenging to hold conversation

7-steady breathing, more challenging

10-all out

Cardio: Bike, Elliptical or Arc Trainer**Week 3**

	Time	Effort
Warm up	10 minutes	1/3
Workout on BEA	2 minutes	3/4
	3 minutes	7/8
	2 minutes	3/4
	3 minutes	7/8
	1 minute	3/4
	1 minute	9
	1 minute	3/4
	1 minute	9
	1 minute	3/4
	1 minute	9
	1 minute	3/4
	30 seconds	10
	1.5 minutes	3/4
	30 seconds	10
	1.5 minutes	3/4
	30 seconds	10
	1.5 minutes	3/4
	30 seconds	10
	1.5 minutes	3/4
	30 seconds	10
	1.5 minutes	3/4
Cool down	10 minutes	2/3

Scale of effort

1-easy pace

3-conversation pace

5-challenging to hold conversation

7-steady breathing, more challenging

10-all out

Cardio: Cardio: Bike, Elliptical or Arc Trainer**Week 4**

	Time	Effort
Warm up	10 minutes	1/3
Workout on BEA	1 minute	3/4
	4 minutes	7/8
	1 minute	3/4
	4 minutes	7/8
	1 minute	3/4
	4 minutes	7/8
	2 minutes	3/4
	1 minute	9
	2 minutes	3/4
	1 minute	9
	2 minutes	3/4
Cool down	10 minutes	2/3