



## 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
<b>Warm up</b>	10 minutes	1/3
<b>Workout on BEA</b>	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
	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
<b>Cool down</b>	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
<b>Warm up</b>	10 minutes	1/3
<b>Workout on BEA</b>	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
<b>Cool down</b>	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**

	<b>Time</b>	<b>Effort</b>
<b>Warm up</b>	10 minutes	1/3
<b>Workout on BEA</b>	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
<b>Cool down</b>	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**

	<b>Time</b>	<b>Effort</b>
<b>Warm up</b>	10 minutes	1/3
<b>Workout on BEA</b>	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
<b>Cool down</b>	10 minutes	2/3