



Get Moving at the Gym!

Type of Exercise: Cross Training	Level: Easy - Moderate	Equipment Needed: Good Shoes, a Watch, a Treadmill, an Elliptic Trainer, & a Stationary Bike
-------------------------------------	------------------------	--

This routine is designed for people who want to become more physically active. Using all of the cardio equipment available at most health clubs will get you moving and provide variety. Find a convenient time and location, schedule it into your daily calendar and get moving! The program starts with easy goals. If they are not challenging enough for you, jump a week ahead. Work on being consistent with your training.

The program meets the basic recommendations from the American College of Sport Medicine* (ACSM) and the American Heart Association* (AHA):

Do moderately intense cardio 30 minutes a day, five days a week

Or

Do vigorously intense cardio 20 minutes a day, 3 days a week

You need to be able to use a treadmill, elliptic trainer, and stationary bike without complications, such as pain. Make sure you know how to use the equipment. Know your heart rate percentage zones. Please use common sense! Our downloadable routines are designed for average people with no underlying health issues. If you're feeling poorly when exercising – stop and figure out what's going on with your body. If you've got health issues that might be impacted by this routine, please visit your doctor before starting this program.

	Explanation of Goals and Exercise Routines	Estimated Time	Check if completed ✓
Week 1	Let's get started! Our goal this week is just to get moving. If any of the equipment described is new, ask a trainer at the gym to show you how to use it. Be aware of your breathing and your intensity. As you change from your warm-up to the training portion of your routine, notice how your breathing changes. Pay attention to how you are feeling and find an exercise intensity level that you can maintain. Over doing it can cause injury, discouragement and set you back in your training program – be reasonable!	70 Minutes	
Day 1	Elliptic Trainer: 10 min at 70% max HR Treadmill: 10 min at 80% max HR Bike: 10 min at 70% max HR	30 Minutes	
Day 2	Elliptic Trainer: 10 min at 70% max HR Treadmill: 15 min at 80% max HR Bike: 15 min at 70% max HR	40 Minutes	
Week 2	You're working on consistency by integrating exercise into your life. Find what motivates you to go to the gym, maybe it's how energetic you feel after exercising or listening to good music. The minimum goal for this week is to exercise 2 times for 20 min. Exercise at a comfortable pace without stopping. If you exercise more often – great!	90 Minutes	

Day 1	Elliptic Trainer: 10 min at 70% max HR Treadmill: 15 min at 80% max HR Bike: 20 min at 70% max HR	45 Minutes	
Day 2	Elliptic Trainer: 10 min at 70% max HR Treadmill: 15 min at 80% max HR Bike: 20 min at 70% max HR	45 Minutes	
Week 3	You've got your routine down; the time, location, and what gets you motivated to exercise—awesome! This week our exercise sessions get more involved. You can do it! Have fun!	155 Minutes	
Day 1	Elliptic Trainer: 10 min at 75% max HR Treadmill: 4 x 4 min at 85% max HR, active recovery until HR <110 Bike: 20 min at 70% max HR	50 Minutes	
Day 2	Elliptic Trainer: 10 min at 75% max HR Bike: 4 x 5 min at 85% max HR, active recovery until HR <110 Treadmill: walk 20 min at 70% max HR, 10% grade	55 Minutes	
Day 3	Elliptic Trainer: 20 min at 75% max HR Bike: 30 min at 75% max HR	50 Minutes	
Week 4	Committing to an exercise routine is a big deal. Determination can get you so far, but ultimately, you need to like your exercise routine choices. Find and do what you like. Enjoy the movement!	165 Minutes	
Day 1	Elliptic Trainer: 10 min at 75% max HR Treadmill: 6 x 3 min at 90% max HR, active recovery until HR <110 Bike: 20 min at 70% max HR	55 Minutes	
Day 2	Elliptic Trainer: 10 min at 75% max HR Bike: 4 x 6 min at 85% max HR, active recovery until HR <110 Treadmill: walk 20 min at 70% max HR, 10% grade	60 Minutes	
Day 3	Elliptic Trainer: 20 min at 75% max HR Bike: 30 min at 75% max HR	50 Minutes	

Copyright 2007 – Basix, LLC

* American College of Sport Medicine* (ACSM) and the American Heart Association* (AHA) are independent entities that perform research and publish exercise guidelines for public use. They do not endorse, or have any association with our company or programs.