

Intermediate Cardio Workout

Frequency: 4 times per week

Duration: 45-60 minutes per session

1. Warm-up: 5-10 minutes of dynamic stretching and light jogging.

2. Workout:

- 20 minutes of interval training: 1 minute sprint followed by 2 minutes of walking, repeat 6 times.

- 15 minutes of moderate-intensity cycling or rowing.

- 10 minutes of incline walking on a treadmill or brisk walking uphill.

3. Cool-down: 5 minutes of light jogging or walking followed by stretching.