

Beginner Cardio Workout

Frequency: 3 times per week

Duration: 30-40 minutes per session

1. Warm-up: 5 minutes of light jogging or brisk walking.

2. Workout:

- 15 minutes of steady-state jogging at a moderate pace.

- 5 minutes of brisk walking.

- 10 minutes of cycling or stationary bike at a moderate pace.

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