

# Cardio

\*If calories are not listed on a machine do for 30 minutes minimum.

## LSS

EXERCISE	
Treadmill	Incline level 12-15, Speed 2.5-3.3, calories burned 300. This is to be done without holding the treadmill.
Elliptical	300 calories
Stationary Bike	300 calories
Rowing Machine	300 calories
Stairmaster	300 calories
Walk	Around your neighborhood or a park for 20-30 mins.

# HIIT

EXERCISE	
Treadmill	No incline, Jog for 2 mins. At the 2 min mark sprint for 30 seconds, after you sprint for 30 seconds jog at the original pace for 1 min. Repeat these 10 times, this should take 16 mins.
Elliptical	Cruise for 2 mins. At the 2 min mark sprint for 30 seconds, after you sprint for 30 seconds cruise at the original pace for 1 min. Repeat these 10 times, this should take 16 mins.
Jump Rope	Jump rope for 1 min then rest for 1 min, repeat this 10-15 times.
Sprints	10 - 15 sprints of 40 yards with 1 min rest in between.