

Here is a sample moderate intensity cardio workout plan that you can follow for 45 minutes per day:

1. Warm up: Start by warming up your muscles with some light cardio exercises such as jogging in place, jumping jacks, or high knees. This will help increase your heart rate and prepare your body for the workout ahead.
2. Interval training: This involves alternating between periods of high intensity exercise and low intensity recovery periods. For example, you could sprint for 30 seconds and then walk or jog for 90 seconds. Repeat this cycle for several sets.
3. Steady state cardio: Alternate between different types of cardio exercises such as cycling, running, swimming, or using an elliptical machine. Choose a moderate intensity level that allows you to maintain a steady pace throughout the workout.
4. Cool down: Finish your workout with some light stretching and deep breathing exercises to help bring your heart rate back down to normal and prevent muscle soreness.
5. Incorporate strength training: You can also incorporate strength training exercises such as squats, lunges, push-ups, or bicep curls during your cardio workout. This will help increase your overall fitness level and improve your strength and endurance.

Remember to listen to your body and adjust the intensity of your workout based on how you feel. It's important to challenge yourself but also avoid overexerting yourself, which can lead to injury or burnout.