**Workout #3: Aerobic Exercises**

**Achieved goals (2):**

Improve cardiovascular health

Lower blood pressure

**Day #1: Cardio and Bodyweight Circuit (90 Minutes)**

**Warm-Up**: **(10 min)**

* Dynamic Stretching: High knees, butt kicks, leg swings, hamstring scoops, lunge + twist, side lunge, open the gates, close the gates, high skips, caterpillar (5 minutes, 30 seconds each)
* Jump Rope: Moderate pace to high speed (5 minutes)

**Circuit 1: (24 minutes)**

* Exercise 1: Jump Squats – 45 seconds
* Exercise 2: Mountain Climbers – 45 seconds
* Exercise 3: High-Knee Runs – 45 seconds
* Exercise 4: Burpees – 45 seconds
* Exercise 5: Push-Ups – 45 seconds
* Rest: 1 minute and 15 seconds after completing each circuit; repeat 4 times

*Break: 4 Minutes*

**Exercise 1: Stationary Bike Intervals (18 minutes)**

* Sets: 5 x 2 minutes high intensity with 1-minute rest between sets
* Description: Alternate between high resistance and moderate pace for cardiovascular endurance.

*Break: 3 Minutes*

**Circuit 2: Core and Lower Body (22 minutes)**

* Exercise 1: Plank Jacks – 45 seconds
* Exercise 2: Bodyweight Lunges – 45 seconds per leg
* Exercise 3: Plank to Push-Up – 45 seconds
* Exercise 4: Reverse Lunges – 45 seconds per leg
* Rest: 1 minute 30 seconds after completing the circuit; repeat 4 times

*Break: 4 Minutes*

**Post-Workout Stretch (16 minutes)**

* Hamstring Stretch: 2 minutes per leg (30 seconds, 4 rounds each leg)
* Quadriceps Stretch: 2 minutes per leg (30 seconds, 4 rounds each leg)
* 90/90s: 4 minutes constant rotation (1 minute on, quick break, back on)
* Downward Dog: 4 minutes (40 seconds on, 20 off, repeat 4x)

**Day #2: High-Intensity Bodyweight Circuit (90 Minutes)**

**Warm-Up (10 minutes):**

* Dynamic Stretching: High knees, butt kicks, leg swings, hamstring scoops, lunge + twist, side lunge, open the gates, close the gates, high skips, caterpillar (5 minutes total, 30 seconds each exercise)
* Jump Rope: Moderate pace to high speed (5 minutes)

**Circuit 1: Core and Cardio Combo (33 minutes)**

* Exercise 1: Plank to Toe Touch – 45 seconds
* Exercise 2: Bicycle Crunches – 45 seconds
* Exercise 3: Jump Squats – 45 seconds
* Exercise 4: Mountain Climbers – 45 seconds
* Exercise 5: Burpees – 45 seconds
* Rest: 1 minute and 15 second rest after each circuit; repeat 6 times

*Break: 3 Minutes*

**Exercise 1: Rowing Machine (21 minutes)**

* Sets: 3 x 6 minutes moderate pace with 1-minute high intensity at end of each set
* Description: Alternate steady rowing pace with high-power bursts.

*Break: 3 Minutes*

**Circuit 2: Core Strength and Stability (16 minutes)**

* Exercise 1: Plank Jacks – 45 seconds
* Exercise 2: Russian Twists – 45 seconds
* Exercise 3: Side Plank (Left) – 45 seconds
* Exercise 4: Side Plank (Right) – 45 seconds
* Rest: 1 minute after completing the circuit; repeat 3 times

*Break: 4 Minutes*

**Post-Workout Stretch (10 minutes)**

* Child’s Pose: 4 minutes, focus on deep breathing
* Standing Hamstring Stretch: 2 minutes per leg
* Savasana Hold: 2 minutes

**Day #3: Cardio Circuit for Endurance (90 Minutes)**

**Warm-Up (10 minutes):**

* Dynamic Stretching: High knees, butt kicks, leg swings, hamstring scoops, lunge + twist, side lunge, open the gates, close the gates, high skips, caterpillar (5 minutes, 30 seconds each)
* Jog: Light jog on a treadmill (5 minutes)

**Circuit 1: Bodyweight Cardio and Power (32 minutes)**

* Exercise 1: Jump Lunges – 45 seconds
* Exercise 2: Burpees – 45 seconds
* Exercise 3: High-Knee Runs – 45 seconds
* Exercise 4: Power Push-Ups – 45 seconds
* Exercise 5: Star Jumps – 45 seconds
* Rest: 1 minute and 15 second rest after completing the circuit; repeat 6 times

*Break: 2 Minutes*

**Exercise 1: Treadmill Incline Walk (16 minutes)**

* Sets: 15 minutes at a 10% incline
* Description: Steady pace to maintain heart rate.

*Break: 1 Minutes*

**Circuit 2: Core and Lower Body Circuit (22 minutes)**

* Exercise 1: Walking Lunges – 45 seconds per leg
* Exercise 2: Glute Bridge March – 45 seconds
* Exercise 3: Side Plank with Leg Raise – 45 seconds per side
* Exercise 4: Plank to Downward Dog – 45 seconds
* Rest: 30 second rest after completing the circuit; repeat 4 times

*Break: 2 Minutes*

**Post-Workout Stretch (10 minutes)**

* Quad Stretch: 1 minute per leg
* Hamstring Stretch: 1 minute per leg, repeat 2x each
* Downward Dog: 3 minutes (45 second hold, repeat 4x)
* Cat-Cow Stretch: 2 minutes, alternating positions