



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**



# **Cardiovascular Endurance**

**(Intermediate - for ages 10+)**

# Cardiovascular Endurance

(Intermediate)



Ellipticals

## WARM-UP:

5 min: Low resistance on stationary bike

## CARDIOVASCULAR ENDURANCE:

This can be done on a stationary bike or elliptical choose manual program and follow these steps:

10 rounds of:

Level 3 1 minute

Level 5 30 sec

Keep RPMs above 60

## COOL-DOWN/FLEXIBILITY:

Torso Stretch

Calf Stretch

Butterfly Stretch

Hamstring Toe Touch Stretch

Arm Stretches

Oblique Side Stretch

Cat-Cow Stretch

Quadriceps Stretch

## WORKOUT TIPS:

- Always do the exercises with slow and controlled movements. Breathe through each repetition.
- Take about a 60 second break between sets to allow your muscles to recover.
- You can repeat strength exercises 2-3 times per week but make sure to always have a day between.