

# Create A Cardio

## Cardio Checklist

To really understand the three phases of a cardiovascular program, you should perform them one at a time. But before you can do that, make sure that:

- \_\_\_ You feel well and are well-rested
- \_\_\_ You have eaten properly and have had enough fluid to drink (you are well-hydrated)
- \_\_\_ You carry a bottle of water with you
- \_\_\_ You tell a responsible person where you are going if you are exercising alone
- \_\_\_ You wear a good pair of shoes that will give your feet the right kind of support for the way you move and the activity you will be performing
- \_\_\_ You dress for the climate or environment. In colder environments, it is best to wear layers and shed clothing as necessary. Wear fabrics that keep you warm after you sweat. Check with a sporting goods department at a reputable store and see what materials are best. Cotton is often not recommended underneath layers when you sweat in cold environments. You may also need appropriate wind protection and eyewear.
- \_\_\_ You do not overdress if you plan to exercise in warm and/or humid environments. Your skin must be able to breathe. In order to lose body heat, you must be able to expose sweat to the air. You do not get a better workout or use more calories when you are overheated. In fact, the opposite is true. It is dangerous to overdress. You must be able to lose body heat.
- \_\_\_ You are familiar with the activity you are planning and the general surroundings. For example, if you are going outdoors, make sure you are aware of traffic signals and the safety and distance of your route. It is best to exercise in a place where you can move as safely and continuously as possible.
- \_\_\_ You understand how to monitor your intensity by using an electronic heart monitor, taking your pulse, or using a scale to perceive your level of exertion.

## Learn to Monitor the Intensity of Cardio

Perceived Rate of Exertion (Borg Scale)	Percent of Heart Rate Max	Percent of VO2 Max	Your Corresp. Heart Rate
6			
7 VERY, VERY LIGHT			
8			
9 VERY LIGHT			
10	60%	42%	_____
11 FAIRLY LIGHT			
12	70%	56%	_____
13 SOMEWHAT HARD			
14	80%	70%	_____
15 HARD			
16	90%	83%	_____
17 VERY HARD			
18	95%	88%	_____
19 VERY, VERY HARD			
20	100%	100%	_____