

Create A Cardio



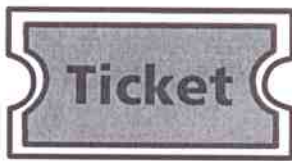
What Are Your Goals?

- Are you a beginner?
- Just trying to just stay fit?
- Trying to lose weight?
- Training for a sport?

MIND MUNCHIE

If you run a lot and improve your running, can the running also make you a better biker or swimmer?

Probably not. The reason is that your body only gets better at the specific activities that you practice. This is known as the principle of specificity. Specificity means that your body makes changes that are specific to what you practice.



Change Tickets

Change your program

Change is your ticket to avoiding boredom, having fun, and preventing overuse injuries. You can change the frequency, intensity, type, and time (or duration) of your cardio.



Frequency of cardio

Frequency refers to the number of days that you exercise in a given week.



Intensity of cardio

Intensity refers to the speed, size, or effort of your movement during your cardio.



Type of cardio

Type refers to the activity and/or equipment you choose for your cardio.



Time or duration of cardio

Time refers to the duration of your cardio.

Your Favorite Activities

Create A Cardio Without Equipment

1. _____
2. _____
3. _____
4. _____
5. _____

Create A Cardio With A Variety of Different Equipment

1. _____
2. _____
3. _____
4. _____
5. _____

