

EXERCISE

05
MINS

CARDIO WARM UP

Perform 5 minutes of cardiovascular exercise on your preferred piece of equipment including, but not limited to:

TREADMILL

STAIRMASTER

ELLIPTICAL TRAINER

JACOB'S LADDER

ROAD OR TRACK RUNNING

SWIMMING

ICE RINK

SKIPPING ROPE

CELLERCISER

CYCLING

CARDIO INTERVAL

