



CARDIO WARMUP SHEET

Basic Warm up	1-5 miutes	6-10 minutes
<b>Bike Ride</b>	40-55 rpm	
<b>Joint Circles</b>		Neck, Shoulders, Spine, Hips, Knees, Ankles

Active Warm Up	1-5 minutes	6-10 minutes
<b>Walk/ Jog Treadmill</b>	1m Run, 45sec Run, 30 Sec Run, 20 sec Sprint	
<b>Joint Circles</b>		Neck, Shoulders, Shoulders(2), Spine, Hips, Knees, Ankles

Intense Warm Up	1-7 minutes	8-15 minutes	16-20
<b>Bike Ride</b>	(20sec Sprints x 4) @1:30 /3 /4:30 /6 min		
<b>Dynamic Leg Swing side to side</b>		10 each leg	
<b>Ballet Kicks Forward/ Sideways/ both</b>		10 Front 10 Side x2 10 Front & Side x1	
<b>Calf Stretch</b>			Pressure 10 sec/ Pull 5 sec/ Relax 5 sec/ repeat x3

Athletic Warm Up	1-10 minutes	11-20 Minutes
<b>Walk/ Jog/ Sprint</b>	1m Run/ 45 sec Run, 30 sec Run, 20 sec Sprint x3 @ 5:30/ 7/ 9 min	
<b>Calf Stretch</b>		Pressure 10 sec/ Pull 5 sec/ Relax 5 sec/ repeat x3
<b>Quad Stretch</b>		20-30 sec each side
<b>Foam Roll</b>		Back/ Quads Lite roll