



Response 110 beginner cardio workout

Disclaimer:

1. Always consult a physician before starting a new exercise routine and stop exercising immediately should you feel any discomfort, feel faint, become dizzy or experience pain.
2. Always inspect equipment prior to use, and do not use if any damaged or worn parts are detected.
3. Use exercise in conjunction with a healthy eating plan.
4. Only use the product for its intended purpose to prevent injury.

Exercise and training terms:

Duration	In a gym program this will refer to the workout time of the entire program
Intensity	This will refer to the amount of weight used, and the amount of rest given between each set
Type	Refers to the type of training, i.e. strength, resistance, cardio etc.
Reps/ repetitions	A single cycle of lifting and lowering a weight
Sets	A number of reps performed together ended with a rest period is referred to as a set
Tempo	Is the rate and speed at which a rep is executed, it has 3 stages: the push/pull, the pause and the return motion
% of max	Is determined as % of 1 repetition of max weight a person can push for any given exercise e.g. if you were to press 100kg for only one rep as you max, your training weight for 45% on max of 10 reps, would be 45kg pushed 10 times.

Exercise program:

1. 30 minutes 3 days a week
2. Intensity: medium
3. Move onto the intermediate program after 6 weeks

Equipment required:

1. Response 110 Exercise Bike

Day	Exercise	Muscle group	Time	Intensity	Notes / exercise execution
1	Warm up cycle	Legs & cardio	5 mins	Relaxed	Stretch legs for 2 mins after warm up, then return to bike
	Seated cycling	Legs & cardio	15 mins	Low. Breathing should be aerobic, you should have no need to stop	
	Seated cycling with added tension	Legs & cardio	8 mins	Add tension with the hand micro adjuster, tension should allow for 8 mins at a higher effort level	
2	Warm up cycle	Legs & cardio	5 mins	Relaxed	Stretch legs for 2 mins after warm up, then return to bike
	Seated cycling	Legs & cardio	15 mins	Low. Breathing should be aerobic, you should have no need to stop	
	Standing cycling with added tension	Legs & cardio	8 mins	Add tension with the hand micro adjuster, tension should allow for 8 mins at a higher effort level	Remain off the seat for the full 10 mins
3	Warm up cycle	Legs & cardio	5 mins	Relaxed	Stretch legs for 2 mins after warm up, then return to bike
	Seated cycling	Legs & cardio	15 mins	Low. Breathing should be aerobic, you should have no need to stop	
	Seated cycling with added tension	Legs & cardio	8 mins	Add tension with the hand micro adjuster, tension should allow for 8 mins at a higher effort level	

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