

MORNING CARDIO ROUTINE

Week of: _____

Target Heart Rate: _____ BPM

DAY	ACTIVITY / EXERCISE	DURATION	INTENSITY	DONE
Monday	Brisk Walk / Light Jog	30 Min	Moderate	
Tuesday	Jump Rope Intervals	20 Min	High	
Wednesday	Cycling / Stationary Bike	45 Min	Steady State	
Thursday	Stair Climber / Incline Walk	25 Min	Moderate	
Friday	HIIT Sprints (30s on/30s off)	20 Min	Maximum	
Saturday	Active Recovery (Yoga/Swim)	40 Min	Low	
Sunday	Rest / Optional Long Walk	60 Min	Very Low	

Consistency is key. Focus on form and breath.