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Cardio Tips

Are you just going through the motions during your cardio workout? Try these simple solutions to help you work harder, burn more calories and achieve better results.

Using a scale of 1-10 (with 1 being no effort and 10 being, put a fork in me I'm done!), get yourself to an 8 or 9 (80%-90% of your Max heart rate). Get to this level progressively over 5 minutes by increasing your speed, resistance or gradient. Your muscles should be warm, your breathing heavy and you should be sweating.

Stay at this level for 5 minutes, then have a one minute recovery. Whilst in your recovery try changing cardio machines and go again.

As your fitness progresses swap your recovery for a 1 minute sprint, which will push you to a level 10 (100% of your Maximum heart rate)

These little tricks will eliminate boredom, improve fitness and ensure results.