

Good 20 Minute Cardio Workout

If you are short on time try this 20 minute cardio workout. This workout contains two exercises that will give you an intense workout in a short time. First you will use a stationary bike followed by the treadmill.

1. Stationary Bike

Time: 5 minutes

Procedure:

- 1.) Warm up for 1 minute riding at 50 rpms at level 1.
- 2.) After 1 minute, speed up to 65 rpms at level 3.
- 3.) Ride 2 minutes at 75 rpms at level 4
- 4.) Ride 1 minute at 55 rpms at level 1

2. Treadmill

Procedure:

- 1.) Warm up for 1 minute walking briskly.
- 2.) After 1 minute, jog at 5.5mph for 5 minutes.
- 3.) Walk briskly for 1 minute to recover.
- 4.) After 1 minute, jog the remainder of the 1 minutes at 5.5mph.