

# General Aerobic Program

A program based to use fat as its primary energy source whilst exercising. It is based on the premise that if you exercise at a low intensity you use fat as the main energy source. A 60-minute program that is suitable for most members.

## **1. Warm up**

- a. 5-10mins basic stretches

## **2. Conditioning Phase – minimum 45minutes**

- a. **Choose one of the following stations and your work effort ought be under 55% of your max Heart Rate.**
  - i. **Bike**
  - ii. **Rower**
  - iii. **Pilates**
  - iv. **Skipping**
  - v. **Combinations of the above**

## **3. How to check Heart Rate (HR)?**

- a. 220 – your age, then 55% of that figure
- b. eg 220 – 41yo = 179 therefore working HR approx. 100 beats per minute (bpm)
- c. The key is **slow continuous exercise** at a low work rate / intensity

## **4. Warm down**

- a. 5-10mins Stretching – all muscle groups