

# Titan Workouts!

## Cardio Workout

- Recommendations for 150 minutes per week of moderate activity or 75 minutes of vigorous activity
- Don't forget to add a warm-up before and flexibility afterwards

Exercise	Target of Exercise	Description
Walking, Jogging, Running,	Cardiovascular	Try laps around your local park; Go at a pace that works for you; Start with 2 laps and increase as it becomes easier
Elliptical machines at parks	Cardiovascular	Try 30 minutes at a time at a pace you can maintain for 30 minutes
High Intensity Training	Cardiovascular	This style of exercise involves doing a series of activities such as jumping jacks, burpees, or jumping rope repeatedly for intense intervals;  20 seconds with 10 seconds rest; start with 1 minute; then increase 1 minute every other week