

Coin Fitness

CARDIO

Always see a Doctor before starting any exercise program. Coin Fitness is not responsible for any accidents or personal injury.

START ON TREADMILL

- * Weight reduction
- * Improve health
- * Improve strength
- * Increased energy



Start on Treadmill
at slow pace



Increase after 2 Min. & Continue for 25 Min.
Time



Then Use Bike or Elliptical for 20 Minutes at Steady Pace
60-80% (Heart Rate) Set on Program 5 or Level 5

_____ Time

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Form available for download at www.coinfitness.com