

Fundamentals of Cardiovascular Exercise

Aerobic exercise is any activity that is performed at a moderate level of intensity for an extended period of time. This **continuous intensity** exercise includes activities such as walking, jogging, swimming, stair climbing, etc. **Interval training** alternates work bouts (i.e. jogging) and recovery periods (i.e. walking). Work bouts should last between 30 seconds to 5 minutes and be repeated throughout the training session.

Machine Safety

- Do not hang anything on the handrails, moving handlebars, or covers.
- Keep all body parts and other items free and clear of moving parts. Keep all loose clothing and shoelaces away from exercise bike pedals.
- Place liquids, magazines, and books in the appropriate receptacles. Containers with lids are recommended.
- Use handlebars whenever additional stability is required.
- When mounting and dismounting machine, verify foot plates or pedals are completely stopped.
- Treadmill: Find the key and the clip on the console and attach the clip to the waistband of your clothes. In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.
- Do not rock machines. Do not stand on the handrail(s), display console, or covers. Keep your body and head facing forward. Never attempt to turn around.

Training Frequency

- Begin with a 5-10 minute warm-up
- Aerobic training should be performed for 20 to 60 minutes, 3-5 days per week.
- End with a 5 minute cool-down.

Monitor Intensity

- Rate of Perceived Exertion (RPE)
 - Moderate Intensity 12-15
 - Vigorous Intensity 16-18

Proper Etiquette

- Wipe down cardio equipment with a pre-moistened towel after use.
- Limit your time on equipment to 30 minutes.

6	
7	Very, Very Light
8	
9	Very Light
10	
11	Fairly Light
12	
13	Somewhat Hard
14	
15	Hard
16	
17	Very Hard
18	
19	Very, Very Hard
20	