

RESISTANCE AND CARDIO PROGRAMME CARD

Resistance Workout

Exercise	Reps	Sets	Load	Rest

Cardio Workout

Warm Up	Workout	Stretch
Activity:	Activity 1:	Hamstrings
		Quads
Duration:	Duration:	Calf
		Shoulders
Level:	Level:	Neck
		Others:
	Activity 2:	
	Duration:	
	Level:	