

The Perfect Aerobic Exercise



Constant Pace =
Anaerobic Exercise



Varying Pace = Aerobic
Exercise

Choose Your Setting



Indoors

OR



Outdoors

Aerobic Exercise *Cycle*



FAST Run

□100-Steps



FAST Walk

□100-Steps



Normal Walk

□100-Steps

But do them at *YOUR Pace*

Let your **arms naturally swing** at your sides when walking.

Aerobic Exercise *Workout*



Based on TIME

For 100-Steps each:

1-Cycle \approx 2 min

5 cycles \approx 10 min

15 Cycles \approx 30 min

Based on DISTANCE

For 100-Steps each:

1-Cycle \approx 300 Steps

2,000 steps \approx 1 mile

1 mile \approx 7 Cycles

Set up a weekly schedule or else you have an excuse not to do it.

[illegible]