The Perfect Aerobic Exercise





Constant Pace = Anaerobic Exercise Varying Pace = Aerobic Exercise

Choose Your Setting

OR

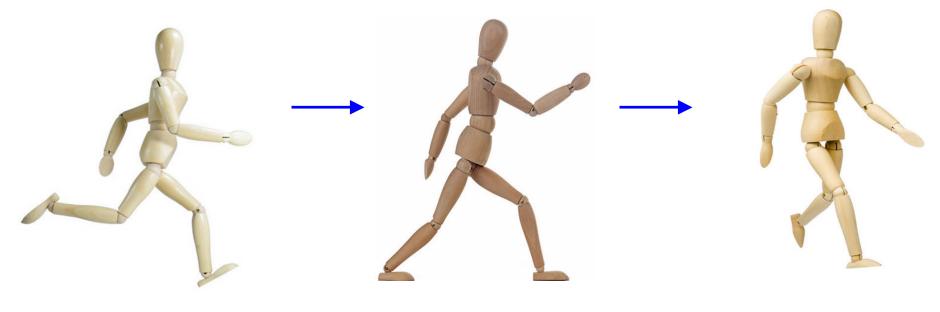




Outdoors



Aerobic Exercise Cycle



FAST Run

FAST Walk

Normal Walk

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.

MON	TUE	WED	THU	FRI	SAT	SUN
At Time:						
At Place:						
For, □Minutes □Miles						