

Cardiovascular Endurance 6-8

As Spring has arrived and the weather is nicer, take advantage of playing outside. Everyday you should get 60 minutes of exercise. Social distancing in mind, take a power walk, go for a jog, get on your bike and stay active !

As you may recall, exercising will increase your heart rate and make your heart stronger.

Four Facts About Cardio

- Cardio produces a plethora of benefits including improved muscle tone, muscular endurance, and strength.
- Cardio can be done just about anywhere, anytime, with very little to no equipment.
- The best cardio consists of a mixture of exercises, as the body quickly adapts to repeated bouts of the same exercises.
- Studies have shown that exercise regimens are more sustainable and enjoyable when they're done with friends.

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If you need some additional ideas, check out these Youtube clips. - Remember to stretch first !

https://www.youtube.com/watch?v=5_Xzz0xUsqA

<https://www.youtube.com/watch?v=EkuRPJ8rMZI>

<https://www.youtube.com/watch?v=xj7TQ6xTjnU>