

# Personal Cardio Workout Schedule

Day	Cardio Activity	Duration	Intensity	Notes
Monday	Running	30 mins	Moderate	
Tuesday	Cycling	40 mins	Low	
Wednesday	Jump Rope	20 mins	High	
Thursday	Swimming	30 mins	Moderate	
Friday	Stair Climbing	25 mins	High	
Saturday	Brisk Walk	45 mins	Low	
Sunday	Rest / Stretching	-	-	

\* Adjust activities, durations, and intensities as needed for your personal fitness goals and abilities.

\* Always warm up before, and cool down after, your cardio workouts.