



NO NEED TO SUFFER WITH BORING REPETITIVE WORKOUTS!

Variable Cardio is available! **CardioGym CG6** is more fun and scientifically proven to be more effective than your traditional cardio workouts.

- Scientifically proven to burn 6 x times more bodyfat than treadmills and ellipticals.
- Target any part of the body to build or tone your muscles during cardio time
- Improve your flexibility and strength endurance
- Put an end to the boredom and wearing out joints and tendons with the same repetitive movements



Or



Monday



FRONT FIVE- Five forward facing exercises to challenge yourself through.

Tuesday



BACK FIVE- Five Reverse facing exercises to challenge yourself through.



Or



CARDIOGYM

CG6



Wednesday

KAYAK ROW- Challenge yourself with the Kayak bar to see how many strokes per minute you can maintain. Vary from Kayak Row to Standard Row.

Thursday

BOXING- 12 rounds of boxing with crunches in between rounds.



Friday

CG6 WORKOUT LIBRARY- Download a trainer workout from the CardioGym library.