

MOVE: ON THE MOVE

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Discover	PROGRAMME EXERCISE	Treadmill	65-75%	N/A	10 Minutes	4.5-6.0kph
		Cross Trainer	65-75%	Light resistance	10 Minutes	Level 1-3
		Cycle	65-75%	Light resistance	10 Minutes	Level 1-6

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Explore	PROGRAMME EXERCISE	Treadmill	60-75%	N/A	10 Minutes	7.5-10kph
		Cross Trainer	60-75%	Light resistance	10 Minutes	Level 4-7
		Cycle	60-75%	Light resistance	10 Minutes	Level 7-10

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Excel	PROGRAMME EXERCISE	Treadmill	80-90%	N/A	10 Minutes	10-13kph
		Cross Trainer	80-90%	Light resistance	10 Minutes	Level 10-12
		Summit Trainer	80-90%	Light resistance	10 Minutes	Level 2