

MYHEALGENIX

3-Day Cardio Recommendations

Day 1: Low-Impact Cardio (Walking & Mobility)

Duration: 30-45 minutes

Intensity: Moderate (60-70% max heart rate)

Walking: Start with a brisk walk for 10-15 minutes at a steady pace.

Interval Walking: Alternate between 1-2 minutes of brisk walking and 1-2 minutes of normal pace for 20-30 minutes.

Cool-Down: Walk at a slow pace for 5-10 minutes, followed by gentle stretches.

Benefits: Improves cardiovascular health, increases endurance, and promotes overall mobility without strain.

Day 2: Swimming or Aqua Aerobics

Duration: 30-45 minutes

Intensity: Moderate (60-75% max heart rate)

Lap Swimming: Swim continuously for 15-20 minutes, alternating strokes (freestyle, backstroke).

Water Aerobics: Perform water exercises such as leg kicks, arm circles, or shallow water running.

Cool-Down: Light swimming or floating for 5-10 minutes.

Benefits: Low-impact on joints, builds strength and endurance, and improves flexibility.

Day 3: Cycling or Stationary Bike

Duration: 30-45 minutes

Intensity: Moderate to Vigorous (70-80% max heart rate)

Outdoor Cycling: Ride at a steady pace for 20-30 minutes, focusing on keeping a consistent speed.

Stationary Bike: Alternate between 5 minutes of moderate speed and 2 minutes of increased resistance for a total of 30-40 minutes.

Cool-Down: Slow pedaling for 5-10 minutes to bring the heart rate down, followed by gentle stretching.

Benefits: Great for improving cardiovascular endurance, builds leg strength, and enhances stamina.

General Tips for All Workouts:

Form over Speed: Focus on proper technique rather than speed or the amount of weight lifted.

Listen to Your Body: If any exercise feels too difficult or causes pain, modify the movement or rest.

Hydrate: Drink water before, during, and after your workouts to stay hydrated.

Rest: Always take rest days to allow your body to recover and prevent overtraining.

Our Mission

Our mission is to help you:

Reduce inflammation and manage chronic conditions

Build healthy habits without restriction

Finally feel vibrant, confident, and in control of your body

Because at HealGenix, it's not about diets. It's about creating a personalized roadmap to health that truly lasts.