

# 30 Minute Cardio Workouts

CARDIO WORKOUT			
EXERCISE	REPS	SETS	REST (Seconds)
1. Jogging/Walk	Time: 10 minutes		
2. Elliptical Machine	Time: 10 minutes		Speed: 125 strides per minute
3. Bike	Time 10 minutes		Speed: 85 rpms

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- [30 Minute Workouts](#)
- [30 Minute Home Workouts](#)
- [30 Minute Cardio Workouts](#)
- [30-Minute Upper Body Workout](#)
- [30 Minute Lower Body Workouts](#)

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