LOW INTENSITY STEADY STATE (LISS) WORKOUTS

TREADMILL LISS
- 30 Mins Incline walk (aim for 200kcals)
- Level 5-6
- Incline 10-15%
- 100-120 BPM
- Do not hold onto handles

CROSS-TRAINER LISS
- 30 Mins
- Level 5-6
- 100-120 BPM
- Over 100+ RPM

ROWER LISS
- 30 Mins
- Less than 2:00/500m
- Level 5-10
- Aim for 150-200 kcals

BIKE LISS
- 30 Mins
- Over 100+ RPM
- Adequate resistance

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