



TAILORED
PRECISION
NUTRITION

Cardio Program For Maryi Vanessa Galindo

30 TO 60 MINUTES PER SESSION | 1 TO 2 SESSIONS PER DAY | 3 TO 5 DAYS PER WEEK

MAX HEART RATE: **196 BPM** | TARGET HEART RATE: **118 BPM - 157 BPM**