CARDIO WORKOUT PLAN – Michelle Seath

CARDIO PROGRAMS

Below is a list of 3 different types of cardio. HIIT, MISS & LISS. All types of cardio are very effective in their own unique way, the choice of cardio you wish to perform is up to you, all cardio options below are created equally so it does not matter which option you choose, that's all just your own personal preference. You can perform the cardio of your choice on any day that you choose, pick any of the following 21 options from any of the following categories below.

YOU ARE TO PERFORM A MINIMUM OF 3 CARDIO SESSIONS PER WEEK.

HIIT (High Intensity Interval Training) cardio

High-intensity interval training (HIIT) is an enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods. Usual HIIT sessions may vary from 10-25 minutes. These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning. HIIT results in great "after-burn effect which causes you to burn calories for hours after your workout is completed, it is referred to as EPOC (Excess Post-exercise Oxygen Consumption), basically a measurement of how large the metabolic disturbance of your workout was; it measures how long it takes your metabolism to return to normal baseline after exercise. The higher the epoc, the more fat that particular workout burns after the workout is over. Additionally, HIIT results in increased HGH levels. HGH is a hormone that burns fat while preserving muscle.

HIIT (HIGH INTENSITY INTERVAL TRAINING) 100% max effort followed by a 20% or less rest period equals one set, then repeat.

Option	Option 1
HIIT Cardio	Outdoor sprints
100% Max Effort	15 seconds sprint
20% or less Max Effort	2 minute slow walk
Sets	8
Option	Option 2
HIIT Cardio	Skipping
100% Max Effort	30 seconds fast skipping
20% or less Max Effort	30 seconds long slow skips
Sets	15
Option	Option 3
HIIT Cardio	Rowing Machine
100% Max Effort	40 seconds heavy fast row
20% or less Max Effort	1 minute stop
Sets	10
Option	Option 4
HIIT Cardio	Swimming
100% Max Effort	30 seconds fast swim
20% or less Max Effort	1 minute float
Sets	12

Option	Option 5
HIIT Cardio	Boxing bag
100% Max Effort	30 seconds heavy hard and fast punches
20% or less Max Effort	40 seconds stop
Sets	15
Option	Option 6
HIIT Cardio	Bike
100% Max Effort	20 seconds heavy fast sprint
20% or less Max Effort	1 minute slow light pedal
Sets	15
Option	Option 7
HIIT Cardio	Treadmill
100% Max Effort	30 seconds steep incline fast run
20% or less Max Effort	1 minute walk
Sets	10
Option	Option 8
HIIT Cardio	Cross-trainer
100% Max Effort	1 minute heavy and fast
20% or less Max Effort	1 minute light and slow
Sets	12

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MIIS (Moderate Intensity Sustained State) cardio

Moderate Intensity Sustained State (MISS) is a form of moderate intensity exercise about 40-60% max effort. Usual MISS sessions may vary from 18-30 minutes. These moderate intense workouts are great for extra calorie expenditure which leads to greater overall fat loss. MISS is a great tool for burning a lot of calories and the more calories you burn the greater of a calorie deficit you are going to be in which again will result in greater overall fat loss. MISS is great for increasing your metabolism and improving your hormone profile not to mention really good for your heart! (the most important muscle in your body!)

Option	Option 9
MIIS Cardio	Run/Jog
Max Effort	40-60%
Duration	25 minutes
Option	Option 10
MIIS Cardio	Swim
Max Effort	40-60%
Duration	18 minutes
Option	Option 11
MIIS Cardio	Skipping
Max Effort	40-60%
Duration	20 minutes
Option	Option 12
MIIS Cardio	Rowing Machine
Max Effort	40-60%
Duration	22 minutes

Option	Option 13
MIIS Cardio	Bike
Max Effort	40-60%
Duration	30 minutes
Option	Option 14
MIIS Cardio	Boxing Bag
Max Effort	40-60%
Duration	20 minutes
Option	Option 15
MIIS Cardio	Cross-trainer
Max Effort	40-60%
Duration	22 minutes

MISS (MODERATE INTENSITY SUSTAINED STATE) Moderate intensity cardio where heart rate is kept up.

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LISS (Low Intensity Sustained State) cardio

Low Intensity Sustained State (LISS) is a form of low intensity anaerobic exercise about 20-30% max effort. Usual LISS sessions may vary from 20-60 minutes. These low intense workout are similar to MISS, they are great for extra calorie expenditure which leads to greater overall fat loss. LISS is a great tool for burning calories and the more calories you burn the greater of a calorie deficit you are going to be in which again will result in greater overall fat loss. LISS is great because its low intensity and does not take such a toll on your CNS (Central Nervous System) and also does not take too much away from your weight sessions as HIIT or MISS would. The fat oxidation (during) LISS cardio tends to be higher when compared to HIIT or MISS cardio, however the (post-exercise) fat oxidation and/or energy expenditure tends to be much lower compared to HIIT and MISS.

Option	Option 16
LISS Cardio	Walk
Max Effort	20-30%
Duration	60 minutes
Option	Option 17
LISS Cardio	Boxing Bag
Max Effort	20-30%
Duration	30 minutes
Option	Option 18
LISS Cardio	Swimming
Max Effort	20-30%
Duration	25 minutes

Option	Option 19
LISS Cardio	Bike
Max Effort	20-30%
Duration	45 minutes
Option	Option 20
LISS Cardio	Rowing Machine
Max Effort	20-30%
Duration	30 minutes
Option	Option 21
LISS Cardio	Cross Trainer
Max Effort	20-30%
Duration	30 minutes

LISS (LOW INTENSITY SUSTAINED STATE) Low intensity cardio for a longer duration of time.

HIIT, MISS & LISS all have their own pro's and con's, I advise you to use a mixture of all 3 types of cardio sometime during your program to get maximum benefits.