



16-Week Rapid Fat Loss Cardio Interval Workout Program

What do I need? For best results, you will want to get a Gymboss Timer. (It's only \$19.95 and it will allow you to focus on your workout, not staring at your stopwatch). Click this link: <http://interneka.com/affiliate/AIDLink.php?BID=11452&AID=39929>

What exercises should I do? Something that will challenge you, but will allow you to fully participate...anything from sprints, stationary running, jumping jacks, step ups, burpees, shuffles, biking, power walking, kickboxing, tire flipping, jump rope – whatever it is that challenges your current fitness level.

Feel free to alternate between the different modes of cardio suggested for your custom fitness level every workout or every couple of workouts if you'd like. Not only can this help prevent boredom, but it can also prevent overtraining. However, if it's not broke – don't fix it, and keep using the exercise modes that are getting you the best results!

Perceived Exertion – how hard should I work?

Relative intensity is what allows these workouts to be performed by people of all fitness levels. Obviously a sprint is interrupted and performed differently from individual to individual. In other words, for some people a sprint is running at 18 mph while for others a sprint is power walking at 4 mph. Again, this is what allows ALL fitness levels to “sprint”...see?

So put your blinders on and forget what everyone else is doing. **Intensity is the only thing that makes your body change.** So just work as hard as YOU possibly can during each and every sprint (CBZ) at each and every workout and you will not believe how fit you will get and how much fat you will lose! Use the **Perceived Exertion Scale** below to work at a relative intensity that is based on your current fitness level:

Perceived Exertion Scale

<u>Rating</u>	<u>Descriptor</u>
0	EXTREMELY EASY/RESTING
1	VERY EASY
2	EASY
3	SOMEWHAT EASY/ACTIVE REST
4	MODERATE
5	VERY MODERATE
6	SOMEWHAT HARD
7	HARD
8	VERY HARD
9	NEAR MAXIMAL EFFORT
10	MAXIMAL EFFORT

16-Week Rapid Fat Loss Cardio Workout SCHEDULE

Alternating Workout A-B Split: You will perform 2 interval training workouts per week by alternating between Cardio Workout A (c-a) and Cardio Workout B (c-b) each and every workout.

<u>Month 1</u>	<u>Day 1</u>	<u>Day 2</u>
Week 1	c-a	c-b
Week 2	c-b	c-a
Week 3	c-a	c-b
Week 4	c-b	c-a

<u>Month 2</u>	<u>Day 1</u>	<u>Day 2</u>
Week 5	c-a	c-b
Week 6	c-b	c-a
Week 7	c-a	c-b
Week 8	c-b	c-a

<u>Month 3</u>	<u>Day 1</u>	<u>Day 2</u>
Week 9	c-a	c-b
Week 10	c-b	c-a
Week 11	c-a	c-b
Week 12	c-b	c-a

<u>Month 4</u>	<u>Day 1</u>	<u>Day 2</u>
Week 13	c-a	c-b
Week 14	c-b	c-a
Week 15	c-a	c-b
Week 16	c-b	c-a

It is important to note that these cardio workouts are ideally performed on separate non-resistance training days, though they can be performed AFTER a resistance training workout or earlier in the same day with at least 4-6 hours separation (for recovery purposes). However, NEVER perform these interval cardio workouts immediately before resistance training, as this will reduce the effectiveness of your resistance training workouts.

The Workouts

WARM-UP (5 minutes total): Upon being instructed to “WARM-UP” you will perform a low to moderate intensity warm-up for the designated period of time. Make sure to select a pace that allows you to sufficiently prepare for your intervals without causing too much fatigue. In other words, you should be working at an **Intensity Level of 3-5 on the Perceived Exertion Scale of 1-10 (10 being maximum effort)**. In general, this is the same pace you should use for your active recovery periods and your cool-down.

INTERVALS (10-20 minutes total): You will alternate between bouts of maximum effort and active recovery for the prescribed interval for each workout.

Note 1: **Carb-Burning Zone (CBZ):** Upon starting, you will perform all-out, high intensity exercises for the designated period of time. Make sure to work as hard as you possibly can during these movements. In other words, you should be working at an **Intensity Level of 8-9 on the Perceived Exertion Scale of 1-10 (10 being maximum effort)**.

Note 2: **Fat-Burning Zone (FBZ):** During ‘rest zones’ you will perform low to moderate-intensity active recovery for the designated period of time. Make sure to select a pace that allows you to sufficiently recover for the next sprint. In other words, you should be working at an **Intensity Level of 3-5 on the Perceived Exertion Scale of 1-10 (10 being maximum effort)**

COOL-DOWN (5 minutes total): Upon completing your workout, you will perform a low to moderate-intensity cool-down for the designated period of time. Make sure to select a pace that allows you to sufficiently prepare for your intervals without causing too much fatigue. In other words, you should be working at an **Intensity Level of 3-5 on the Perceived Exertion Scale of 1-10 (10 being maximum effort)**. In general, this is the same pace you should have used for your warm-up and your active recovery periods.

<u>Month</u>	<u>Cardio A ('c-a')</u>	<u>Cardio B ('c-b')</u>
1	<ul style="list-style-type: none"> - WORK: 30s (timer interval 1) - ACTIVE REST: 90s (timer interval 2) - Set Gymboss Timer for 10 rounds for a total of 20 minutes of intervals 	<ul style="list-style-type: none"> - WORK: 60s (timer interval 1) - ACTIVE REST: 180s (timer interval 2) - Set Gymboss Timer for 5 rounds for a total of 20 minutes of intervals
2	<ul style="list-style-type: none"> - WORK: 30s (timer interval 1) - ACTIVE REST: 60s (timer interval 2) - Set Gymboss Timer for 13 rounds for a total of 20 minutes of intervals 	<ul style="list-style-type: none"> - WORK: 60s (timer interval 1) - ACTIVE REST: 120s (timer interval 2) - Set Gymboss Timer for 7 rounds for a total of 20 minutes of intervals
3	<ul style="list-style-type: none"> - WORK: 30s (timer interval 1) - ACTIVE REST: 30s (timer interval 2) - Set Gymboss Timer for 20 rounds for a total of 20 minutes of intervals 	<ul style="list-style-type: none"> - WORK: 60s (timer interval 1) - ACTIVE REST: 60s (timer interval 2) - Set Gymboss Timer for 10 rounds for a total of 20 minutes of intervals
4	<ul style="list-style-type: none"> - WORK: 20s (timer interval 1) - ACTIVE REST: 10s (timer interval 2) - Set Gymboss Timer for 8 rounds for a total of 4 minutes of intervals followed by 1 minute of active recovery. Perform this 5 minute sequence 4x for 20 total minutes. 	<ul style="list-style-type: none"> - WORK: 8s (timer interval 1) - ACTIVE REST: 12s (timer interval 2) - Set Gymboss Timer for 12 rounds for a total of 4 minutes of intervals followed by 1 minute of active recovery. Perform this 5 minute sequence 4x for 20 total minutes.

*****FOR SUPER RAPID FAT LOSS*****

Perform an Extra 15-30 Minutes of Low to Moderate Intensity Cardio: Following a 3-5-minute cool-down after interval training, your body releases free fatty acids into your bloodstream in large amounts. Since we know that the body uses a higher percentage of fat for fuel at lower intensities, this is now the PERFECT TIME to do some low to moderate-intensity cardio in the Fat-Burning Zone (FBZ) so you can burn up this fat for fuel and best prevent it from being re-deposited. In other words, aerobic training ALONE is ineffective for fat loss. But, by adding in just a short 15-30 minutes of cardio in the FBZ AFTER INTERVALS it can serve a purpose for those looking for the fastest fat loss possible (particularly for those stubborn fat areas). In addition, some people actually do like to distance run, and for those people this is simply the best time to do it!