



RAPID FAT LOSS
CARDIO PROGRAM

**DON'T PLATEAU BECAUSE YOU ARE
DOING THE WRONG WORKOUT.....**

**WITH THIS PROGRAM, REACHING YOUR
GOALS WHILE TRAINING WITH H4
TRAINING WILL HAPPEN!**

NOTICE

This program is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment of professional fitness advice. Do not start any fitness program, including this one without a physician's approval. The use of this program is at the sole risk of the reader. The author is neither responsible nor liable for any harm or injury resulting from the use of any of the fitness programs provided.

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Success Tips

- 1. Nutrition should take priority number one! This cardio program should be in conjunction with a proper nutrition and strength training program for best results.**
- 2. Beginners should start off on the rower or bike for at least the first 4 workouts.**
- 3. To make progress you need to make a small change each workout. Making changes can be increasing the speed (resistance) or increasing the incline. For example if you run at 8.0 for 60 seconds, the on the next 60 second interval day you would jump to 8.1.**
- 4. Have intensity! Act like you are running from a hungry lion in the jungle!**
- 5. Let your recovery be a light walk and that's it.**
- 6. Always cool down and warm up. Keep each at about 3-5 minutes long**

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Choosing equipment for your cardio program based on your fitness level

These recommendations are not rules but just to give you a guideline on where to start your program. If for some reason you don't like or feel comfortable with a certain piece of equipment feel free to change things up. Keep in mind any injuries or issues you might have as well.

30lbs or more overweight

OPTION 1- Stationary bike

OPTION 2- Run in place/ March in place

OPTION 3- Rower or step machine

10-25lbs overweight

OPTION 1-Treadmill

OPTION 2-Bike or rower

OPTION 3-kickboxing or boxing

Less than 10lbs overweight

OPTION 1-Treadmill or track

OPTION 2-Bike or Rower

OPTION 3-Kickboxing or Plyometrics

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Cardio Intervals

***** Everyone starts at Group 1 no matter what. This is a new program for you and you will need to get used to this training.***

** You will alternate between workouts A, B and C within your group. What this means is you will stay in your group repeating these workouts until you are ready to progress to the next group. You can progress each time you repeat by increasing the speed, incline or decrease the rest interval by 5 seconds. Always start with a 3-5 min warm-up and end with a cool down for the same time frame.

GROUP 1-BEGINNER

- A- High intensity 30sec, low intensity 90sec 10 rounds
- B- High intensity 60sec, low intensity 180sec 5 rounds
- C- High intensity 20sec, low intensity 60sec 15 rounds

GROUP 2-NOVICE

- A- High intensity 30sec, low intensity 60sec 13 rounds
- B- High intensity 60sec, low intensity 120sec 7 rounds
- C- High intensity 20sec, low intensity 40sec 20 rounds

GROUP 3-INTERMEDIATE

- A- High intensity 30sec, low intensity 30sec 20 rounds
- B- High intensity 60sec, low intensity 60sec 10 rounds
- C- High intensity 20sec, low intensity 20sec 30 rounds

GROUP 4-ADVANCED

- A- High intensity 30sec, low intensity 15sec 22 rounds
- B- High intensity 60sec, low intensity 30sec 12 rounds **
- C- High intensity 20sec, low intensity 10sec 32 rounds **

** Perform 4 rounds followed by 60 seconds of rest until you complete all prescribed rounds

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Training Schedule Ideas

To start off I would stick with 1-2x a week of cardio and if you are recovering well then go ahead and do 3x. If you start to notice yourself getting over worked and issues with your body then cut it back down. Below are some ideas.

Example 1

Mon/Wed/Fri- Strength training

Tues-Cardio A

Thurs-Cardio B

***Sat-Cardio C**

Sun-OFF

***Note- Saturday could be another off day and then simply start the following Tues with cardio C.**

Example 2

Tues/Thurs- Strength Training

Mon-Cardio A

Wed-Cardio B

Fri-Cardio Weekend-OFF Days

NOTE- You could also take Wednesday & Sat off and move cardio b to Fri and cardio C to Sunday or the following week.

