

ULTIMATE ACCELERATED PLAN

Ultimate Accelerated Cardio Plan

Below is the suggested cardio plan broken down per week. Your circuit workouts will include cardio as well but for optimal fat loss and results in a short 6-week period, additional steady state cardio is recommended. Aim to do what you can to get in your cardio and keep your body moving!!

Week 1	30 minutes 5x/week on machine of your choice
Week 2	45 minutes 2x/week on machine of your choice & 25 minutes 2x/week on machine of your choice
Week 3	35 minutes 4x/week on machine of your choice
Week 4	35 minutes 4x/week on machine of your choice & 45 minutes 1x/week on machine of your choice
Week 5	45 minutes 4x/week on machine of your choice
Week 6	40 minutes 5x/week

•Cardio listed above is in combination with your circuit workouts and also higher intensity cardio spurts done during the circuits. Change is key and incorporating some higher intensity and lower intensity cardio sessions along with your weight training will expedite your results! Keep in mind, this is a 6-week accelerated plan so dig deep and push yourself!

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- An excellent and efficient time to do your cardio is first thing in the morning on an empty stomach, before you eat your first meal. Not only is it an effective time to start burning body fat but it sets the tone for your day! If early morning cardio works with your schedule, aim to get it done then. If it doesn't work for you, not a big deal, just aim to get it in anytime during the day!

- Feel free to pick and choose when to do your cardio throughout the week. For example for week 1 where it states 30 minutes 5x/week, you can pick and choose any five days of the week. This may be every day during the week or you may choose to do three days during the week and two weekend days or four week day and one weekend. You can be flexible with when you schedule your prescribed cardio sessions. The goal is to make them work with your schedule and fit them in wherever you can.

- Where it mentions “machine of your choice” and feel free to pick and chose from what you have available. Suggested machines are elliptical, treadmill, step-mill (revolving stairs) or even the bike. Since this plan does NOT require a gym, feel free to take your steady state cardio outdoors and go for a fast-paced walk. If you can find some hills, that's better yet! Outdoor cardio is excellent for those that have kids at home and may need to incorporate them into your session. Pack up the stroller, get out and get it done!

- As a reminder, this is “steady state cardio” and not high intensity cardio. During your circuits, you will be doing shorter and more high intensity spurts, where as this is a slower steadier pace session. If you are going at about 70-80% intensity during your circuit training, this cardio should be done at about 60% intensity. You would still be out of breath, while trying to have a conversation, so it is NOT a leisurely stroll. The goal is to set the pace so you can complete the time listed while breaking a sweat and still feeling the burn! Stick to steady state during these sessions, NOT running.