

Quick-Results Program

3. Quick -Results Cardio

Cardio workouts are indispensable to an effective training program and general good health. By definition, cardio workouts can be any exercise:

- *jogging*
- *swimming*
- *spin bikes*
- *stairs*
- *skipping ropes*

All these exercises raise and maintain your heart rate over a predetermined amount of time. By doing so, you strengthen your heart and lungs and lower your resting heart rate, which means that over time the same effort that produced a 10 minute kilometre, will produce a 9 minute kilometre. Cardio workouts help burn fat and cardio fitness is what gives you endurance and the ability to persist in life and athletics. The Quick-Results Cardio Program has been designed with 4 cardio options, varying from brief but intense routines to longer lower intensity sessions.



Cardio WORKOUTS

Research presented in the Journal Medicine and Science in Sports and Exercise shows that when you work out using high-intensity intervals, the total amount of calories your body burns during the hour after your workout is elevated up to 107% more than with low-intensity, short-duration exercise, and 143% more than with low-intensity, long-duration exercise. That's because interval exercise peaking at levels above a 80% maximum-intensity effort speeds up your metabolism (the rate at which your body burns calories) for up to three hours after exercise - a benefit not found with low-intensity exercise.

Interval-training workouts are designed to build endurance and stamina. Think of them as a roller coaster that allows repeatable patterns or intervals of raising and dropping, raising and dropping your heart rate. Once you get the hang of interval training you will enjoy the variety they offer, but if you're like me, you will be happy that it takes about 20 minutes. For maximum fat burning and time efficiency, use any or all of these high-intensity workout strategies:

- 20-Minute Aerobic Solution
- HIIT (High Intensity Interval Workout)
- Heart-Rate Interval Workout

Percentage of Maximum Heart Rate						
Age	50%	60%	70%	80%	90%	Max HR
20	100	120	140	160	180	200
25	98	117	137	156	176	195
30	95	114	133	152	171	190
35	93	111	130	148	167	185
40	90	108	126	144	162	180
45	88	105	123	140	158	175
50	85	102	119	136	153	170
55	83	99	116	132	149	165
60	80	96	112	128	144	160
65	78	93	109	124	140	155



“Action Training is the best training I've ever done. The trainers are great and very motivating. It was the only thing that could strip the off the 12 kilos I was carrying from my third child.” JODIE

20-Minute Aerobic Solution

For the 20-Minute Aerobic Solution, start with a two-minute set-up phase at a level 5 intensity. (Remember, level 5 is your warm-up and level 10 is an all-out effort.) After two minutes at level 5, increase the intensity to level 6 and keep it there for one minute. Then go up to level 7 for one minute, then up to level 8 where you maintain for another minute, and then take it up to level 9. Maintain that high-intensity effort for one minute and then take it all the way down to a level 6 – a relatively moderate effort – again. Repeat that pattern three times. On the last cycle (between minute 18 and 19) try to reach your “high point” – level 10. Then bring it back down to a level 5 for one minute and you're done.

The HIIT (High-Intensity Interval Training) Workout

developed by Shawn Phillips, is also designed to boost fat loss. “If you follow the program properly, three or four HIIT sessions a week should produce significant fat-burning effects,” he says. “To prevent overtraining, try to incorporate the program on your weight training ‘off days.’ Your HIIT program will likely be most effective if performed first thing in the morning on an empty stomach, but if you can’t do it in the a.m., do it at noon, at night, whenever!”

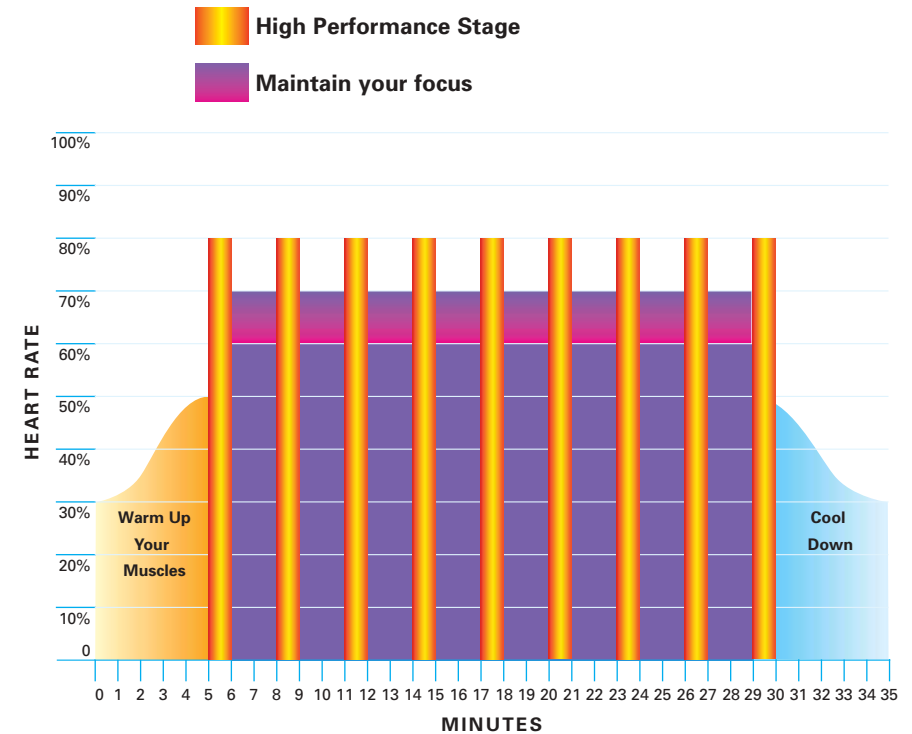
Let’s assume you’re going to apply HIIT training to running sprints or stairs. Working out in intervals, jog for a set amount of time, sprint for a set amount of time, followed by more jogging, more sprinting, and so on, until you’ve trained for a certain amount of time. Every other workout, add another minute to your HIIT session – for example, another 30-second sprint followed by another 30-second jog. Keep adding a minute every other workout until you reach your target time length. A good place to start is 7 minutes (7 low efforts/7 max efforts – 30 secs each)

The Heart Rate Interval Workout

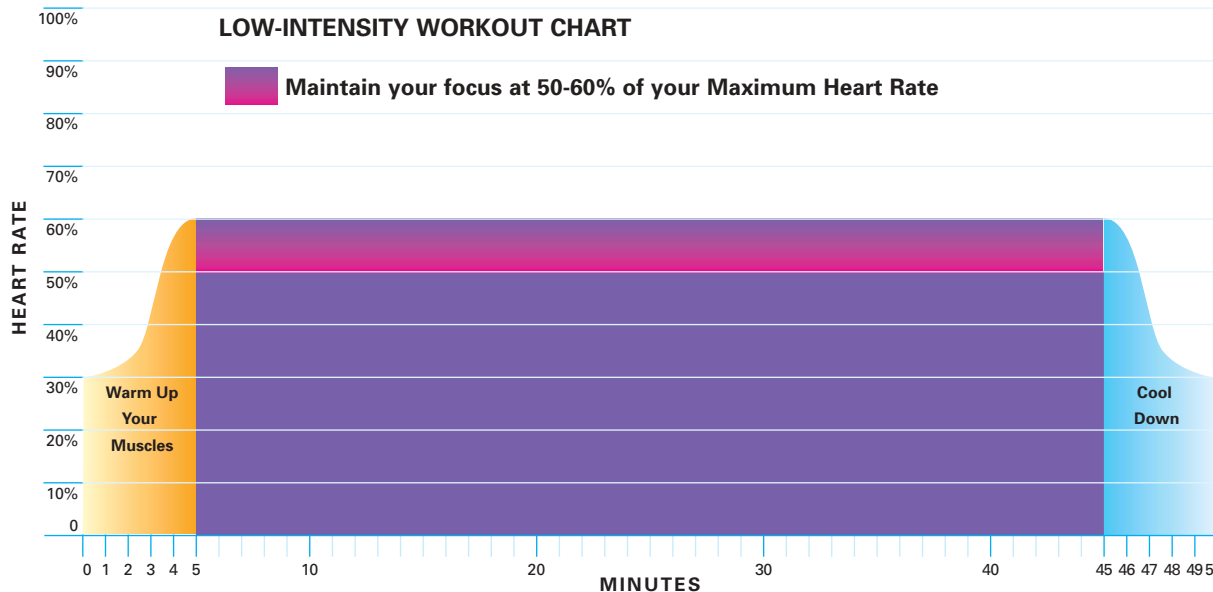
For those who like to measure their workout intensity by monitoring their heart rate. Strap on your heart-rate monitor and keep your heart rate low. After five minutes, perform seven to nine sets of three-minute intervals. For each three-minute interval, get your heart rate up to 80% of your Max HR for one minute, followed by two minutes of 60% to 70% intensity. (See charts on previous page and right). Complete your cardio workout with a five-minute cool down.

With so many effective high-intensity strategies there’s no need to be bored or do the same thing over and over.

INTERVAL-TRAINING WORKOUT CHART



LOW-INTENSITY WORKOUT CHART



The Low Intensity Option.

While high-intensity training is best for fat loss, there may be times (following illness, injury, or on doctor’s advice) when you need to practice low-intensity training. During low-intensity training you elevate your heart rate to moderate levels for a longer period of time. With low-intensity workouts, warm up for five minutes, then work between 60 – 80% of your Max HR for 30 to 45 minutes. But do not think that this option is easy. This level of cardio training still demands focus and effort. A good indicator is sweat. You should be perspiring after the 5 minute mark.

Sample Week of Quick-Results Training Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Action Training 60 minutes	Cardio Training 20 or 40 minutes	Action Training 60 minutes	Cardio Training 20 or 40 minutes	Personal Training 60 minutes	Cardio Training 20 or 40 minutes	TREAT DAY DAY OFF
