4 WEEK MENOPAUSE SHRED

CARDIO GUIDE

While resistance training is essential for stimulating your muscle tissue to the point of strength and growth, cardio does not do this. Cardio is strictly for fat loss. LISS cardio (Low Intensity Steady State) is the bodybuilder's preferred form of cardio, as it's extremely effective for fat loss and muscle preservation. When you perform slow, steady cardio, you preserve muscle tissue and burn fat effectively. The most important thing is not the type of cardio, the time you perform it, or whether it's fasted or unfasted. The most important thing is that it's performed consistently.

CARDIO SCHEDULE

WEEK 1	**7 days**	90 minutes LISS cardio (Split into 2 sessions)
WEEK 2	**7 days**	90 minutes LISS cardio (Split into 2 sessions)
WEEK 3	**7 days**	90 minutes LISS cardio (Split into 2 sessions)
WEEK 4	**7 days**	90 minutes LISS cardio (Split into 2 sessions)

Every day of this plan, you will perform 90 minutes of LISS cardio split into two sessions.

As the cardio is quite time-consuming, I am leaving it up to you to divide the 90 minutes into two sessions that best suit your schedule. For example, you could do two 45 minute sessions or one 60 minute and one 30 minute session. And please don't worry, this amount of cardio will not be too stressful for your menopausal body. I continuously see women worry about doing anything that will "stress" their bodies or raise their cortisol levels, but this form of cardio is not taxing on the body at all; it can literally just be a power walk, and I know you can put on your big girl pants and manage that.

The best low intensity steady state cardio options for fat loss

There are many options for LISS cardio, but some are more effective than others. Below, we have listed our favorites, in order of effectiveness. Choose wisely for maximum fat-burning results, and get ready to burn, baby burn!

- **Stairmaster**
- **Uphill treadmill walking**
- **Elliptical**
- **Flat treadmill walking**
- **Follow Along LISS Cardio with Head Trainer Laura**
- **Power walk outside**
- **Stationary bike**
- **Lightly jogging in one spot**

Use these heart rate zones during training to adhere to prescribed intensities.

Calculating Maximum Heart Rate (MHR)
MHR = 220 – age
Calculating Desired Intensity (70%)
Multiply the MHR by the percentage of desired intensity.

EXAMPLE
A 44 year old individual, attempting a workout intensity of 70%
MHR = 220 – 44 = 176
Multiply MHR by the Desired Intensity (70%)
176 X 0.70 = 123 BPM

FOLLOW ALONG CARDIO PLAYLIST

CLICK HERE for a variety of follow along LISS cardio sessions, each designed with different durations to fit your schedule.

HOW TO EASILY TELL IF YOUR BODY IS IN ITS FAT-BURNING ZONE

USE YOUR BODY'S PHYSIOLOGICAL SIGNS

- You're slightly out of breath
- You have a thin layer of sweat on your back
- It's hard to hold a conversation without drawing your breath in periodically