4 WEEK SHRED 2.0

# 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. Whatever timings you decide, try to do at least 30 minutes to give yourself the time to get into and stay in your fat burning zone.

**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**

## FOLLOW ALONG CARDIO PLAYLIST

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

**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**

## 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