THE SCULPTED vegan™

CARDIO GUIDE

THE EXTREME BODY MAKEOVER OVER 40 PHASE ONE CARDIO

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. If performing a lean build, you will perform scheduled cardio to boost fat loss.
If performing a hard build, you will not perform any scheduled cardio because fat loss is not your focus in phase one.

LISS cardio (Low Intensity Steady State cardio) 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 you do but that it gets done consistently.

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

CARDIO SCHEDULE

BUILD	WEEKS 1-6	WEEKS 7-12
LEAN LEAN BUILD **35% body fat and over**	30 minutes LISS cardio x 6 days a week	45 minutes LISS cardio x 6 days a week
LEAN BUILD **25% - 35% body fat**	30 minutes LISS cardio x 6 days a week	45 minutes LISS cardio x 6 days a week
HARD BUILD **20% - 25% body fat**	No prescribed cardio	No prescribed cardio
HARD HARD BUILD **20% body fat and under**	No prescribed cardio	No prescribed cardio

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 % 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