PHASE ONE - MAXIMUM MUSCLE



THE EXTREME BODY MAKEOVER

OVER 40

CARDIO OVERVIEW

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CARDIO OVERVIEW

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.

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**

LISS CARDIO (LOW INTENSITY STEADY STATE CARDIO)

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. To do this, I want you to schedule your cardio, meaning you should show up every day at the allocated time and break a sweat. Find cardio boring? You're not alone! That's why Head Trainer Laura Hutchinson has recorded follow-along cardio workouts, especially for those who need a little more motivation. Do this, or follow our slow, steady cardio protocol. Mix and match at your leisure.

CARDIO HEART RATE FORMULA

CLICK HERE to watch a masterclass on calculating your heart rate for maximum fat burning.

To identify how hard you are working in your slow steady cardio workouts, we use the following measurements:

The percentage of maximum heart rate (MHR)
The rating of perceived exertion (RPE)
Your own perception

To effectively burn fat, cardio should be performed at about 70-80% of your maximum heart rate (MHR). The most important thing is to get into your fat-burning zone and stay in it, not trying to stay at an exact number.

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



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