EXTREME MENOPAUSE BODY MAKEOVER

PHASE TWO CARDIO GUIDE

In phase two, you will have cardio for a metabolism boost to ramp up fat-burning. You will perform a mixture of LISS cardio (Low Intensity Steady State cardio) and HIIT (High Intensity Interval Training) to increase the intensity of your cardio without massively increasing the duration. LISS cardio is a great way to preserve muscle tissue and burn fat effectively. At the same time, HIIT elevates your metabolism for hours after exercise, with studies showing that it burns additional calories long after the session. Perform the LISS cardio of your choice, adding the follow-along HIIT cardio before your LISS or as a separate session at any time of the day.

CARDIO SCHEDULE

Cardio is 7 days a week

	LEAN SHRED
WEEK 1	60 minutes LISS
WEEK 2	60 minutes LISS
WEEK 3	10 minutes HIIT 60 minutes LISS
WEEK 4	10 minutes HIIT 60 minutes LISS
WEEK 5	15 minutes HIIT 60 minutes LISS
WEEK 6	15 minutes HIIT 60 minutes LISS
WEEK 7	20 minutes HIIT 60 minutes LISS
WEEK 8	20 minutes HIIT 60 minutes LISS
WEEK 9	25 minutes HIIT 60 minutes LISS
WEEK 10	25 minutes HIIT 60 minutes LISS
WEEK 11	30 minutes HIIT 60 minutes LISS
WEEK 12	30 minutes HIIT 60 minutes LISS

LISS CARDIO HEART RATE FORMULA

Continue to monitor your heart rate for your LISS cardio and aim to stay in and above your fat-burning zone.

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

HIIT CARDIO

You do not need to track your heart rate for your HIIT cardio. Simply follow along with the HIIT workouts and perform as many reps as you can at the highest intensity.

CLICK HERE for the LISS & HIIT CARDIO FOLLOW ALONG WORKOUTS