EXTREME MENOPAUSE BODY MAKEOVER

PHASE ONE 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. If losing fat is your highest value, you will perform scheduled cardio to boost fat loss. If losing body fat is not your highest value, 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.

CARDIO SCHEDULE

GOAL	WEEKS 1-6	WEEKS 7-12
IF FAT LOSS IS YOUR GOAL IN PHASE ONE	30 minutes LISS cardio x 6 days a week	45 minutes LISS cardio x 6 days a week
IF FAT LOSS IS NOT YOUR GOAL IN PHASE ONE	No prescribed cardio	No prescribed cardio

CLICK HERE for a video on how to track heart rate for maximum fat-burning

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**

CLICK HERE for the best LISS for fat loss cardio guide.

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