

the cardio blitz package

- Each of the following cardio programs are interval training programs. This means they have short bursts of high intensity followed by a period of lower intensity. The idea of interval training is to get your body to be very stressed for short periods with a break in between each one, while you are still moving.
- Interval training is the best cardio training you can do as it gets you the best results. Interval training is also much shorter, time wise, than standard cardio training because of the intensity of the workout. Please remember to speak with your doctor before beginning any cardio or weight program.
- These cardio programs are done on off days from you're **A.A.B.L. Workouts**.

1. the 45/15 cardio blitz

- The **45/15 Cardio Blitz** is very challenging and is best performed outside, on a bike or elliptical. It doesn't work well with a treadmill as the machine doesn't speed up fast enough to get you up to the speed you want to be going quickly enough. The best way to explain is to use running outdoors.
- You are looking to create as much speed as you possibly can during this program. It doesn't matter if a jog is as fast as you can go. You just need to go your fastest.
- Make sure you warm up enough at the beginning of this cardio blitz. You will be working as hard as you possibly can and you need to be warm first. Walking for five minutes while swinging your arms will do the trick.
- To begin the **45/15 Cardio Blitz** start with a brisk walk or light jog for the first 45 seconds. You should be working hard, but not so much that you couldn't keep it up for 20 minutes. When you reach 45 seconds, you will kick up the intensity.
- From 45 seconds to one minute go as fast as you possibly can. If that's an all out sprint, perfect. If it means you jog perfect too. You just need to push yourself as hard as possible for 15 seconds.
- When the 15 seconds are up, return to your starting speed and maintain it for the next 45 seconds at which point you'll repeat the 15 second burst. Repeat blitz for 20 minutes.
- At the end of the 20 minutes, walk for five minutes at a relaxed intensity. Just take it easy and let your body cool down a little and let your heart return to normal. Repeat this cardio blitz three times per week, on off days from your **A.A.B.L. Workout**.

2. the 2 and 1 cardio blitz

- The **2 and 1 Cardio Blitz** can be performed on any piece of cardio equipment or outdoors.
- Make sure you warm up for five minutes before beginning this program. If you are outside a brisk walk will do the trick.
- To start the program pick a speed you can maintain for 20 minutes. Move at this speed for two minutes and then burst up to as fast as you can go for one minute. Go as fast as you possibly can. If that's an all out sprint, perfect. If it means you go at a jog perfect too. You just need to push yourself as hard as possible for one minute.
- At the end of the one minute burst, return to your starting speed and move at that speed for the next two minutes before repeating the burst again. Do this for 20 minutes.
- At the end of the 20 minutes, cool down at a slower pace for five minutes. Repeat this cardio blitz three times per week, on off days from your **A.A.B.L. Workout**.