

Conquering Cardio

Cardiovascular health is of utmost importance. With cardiovascular disease continually being the number one cause of death worldwide, it is important to know which type of cardio exercise will benefit you the most. It's often a lot more simple than you think!

Benefits of Cardiovascular Training

Function	Effects
Heart Health	Lowers risk for heart disease and stroke thru improved circulation
Lung Health	Increases lung capacity and improves long-term lung condition symptoms
Metabolism	Great for maintaining weight, as well as helping regulate blood sugars
Other	Increase HDL, Decrease LDL, Improved cognition, sleep aid, reduce chronic pain, etc.

Cardio Suggestions

Gear		RPE	Breath	Heart Rate	Effects
3	HIIT High (20%)	8/10+	Mouth/Mouth	180 - Age + 15 BPM or >	Improves body composition quickly, insulin sensitivity, mitochondrial density, anaerobic and aerobic capacity
2	Mushy Middle	6-7/10	Nose/Mouth	Middle HR between Gear 1 & 3	Highly stressful, secretes stress hormones, unfavorable
1	Max Aerobic Function (80%)	5/10	Nose/Nose	180 - Age within 10 BPM	Promotes mobility, aerobic development and fat adaptation, builds capillary density

Favorable Cardiorespiratory Workouts

- Intermittent fasted low intensity morning walks (prior to breakfast)
- Short Intervals 6-8 x 0:60 @ 95% effort, 2:00 recovery – get back to MAF
- Long Intervals 3-5 x 4:00 @ 90% effort, 4:00 recovery – develop VO2 Max
- Tabata Sets 8 x 0:20 work/0:10 rest @ 100% effort – great for travel (4 min)

Sit Less & Move More!

- Movement 'Snacks' (remember everything counts!)
 - Break up sedentary time as often as possible
 - Take the stairs when available
 - Take a 10 min walk for every hour of sitting

	Intensity (High, Middle, Low)	Duration	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			