

THE "FATLOSS LIFESTYLE" PERSONALIZED INTERVAL CARDIO SYSTEM

For Fat Burning, Strengthening Heart and Immune System, and Improving Lung Capacity

WARM UP- POWER WALK THE ENTIRE 10 MINUTE WARM-UP

1. START AT COMFORTABLE PACE (BASELINE) NOT TOO FAST, NOT TOO SLOW
2. INCREASE SPEED BY .1 MPH EVERY MINUTE AT 0° INCLINE
3. AT 10 MINUTE MARK, BRING SPEED DOWN TO BASELINE AND GET READY FOR FIRST CHALLENGE- WARM-UP START_ END___MPH

HEIGHT 5'4" 5'9" 6'3"
3.0 MPI3.5 MPI4.0 MPH

ABOVE ARE SUGGESTED STARTING BASELINE SPEEDS FOR WARM UP BUT ALWAYS ADJUST TO WHAT FEELS NOT TOO FAST AND NOT TOO SLOW

CHALLENGE INSTRUCTIONS:

60 SECOND POWER WALK

GO RIGHT INTO>>>>>>>

30 SECOND JOG

TO>>>>

15 SECOND SPRINT

1. SOLDIER STRIDE (Stand Tall & Lean Back)
2. LONG STRIDE CHALLENGE (FEEL HAMSTRINGS AND BUNS)
3. HEELS HIT TREADMILL FIRST

1. LEAN FORWARD
2. BOUNCE OFF BALLS OF TOES

1. DRIVE KNEES HIGH TO INTENSIFY JOG
2. SQUEEZE UPPER BODY MUSCLES AND TIGHTEN CORE.

INCLINE:

SPEED:

STARTING INCLINE:

STARTING SPEED IS:

STARTING SPEED FOR JOG IS:

SPEED STAYS THE SAME AS JOG SPEED, JUST DRIVE KNEES AND SPRINT.

1.5 FOR BEGINNERS

.5 MPH FASTER THAN BASELINE

2.0 MPH FASTER THAN BASELINE

2.5 FOR INTERMEDIATE

INCREASES SPEED BY .1 MPH

INCLINE STAYS THE SAME AS POWER WALK

3.5 FOR ADVANCED

FOR EACH PROGRESSIVE CHALLENGE INCREASES SPEED BY .2 MPH FOR EACH

PROGRESSIVE CHALLENGE.

INCREASE INCLINE .5 DEGREES

FOR EACH PROGRESSIVE CHALLENGE.

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TO LEARN MORE ABOUT HOW AND WHY
GO TO <http://www.IntervalCardio.com>

TO GET YOUR BEST RESULTS LOG YOUR HEART RATE, AND MONITOR YOUR CHALLENGES
RETURN TO BASELINE(WARM-UP STARTING SPEED), AND 0 INCLINE AFTER EACH CHALLENGE

DON'T START NEXT CHALLENGE UNTIL FULLY RECOVERED

<u>INCLINE</u>	<u>SPEED</u>		<u>JOG</u>	<u>SPRINT</u>
CHALLENGE 1. ___degrees	___mph	<u>BREAK</u>	___mph	___mph-HR___
CHALLENGE 2. ___degrees	___mph	<u>INTO</u>	___mph	___mph-HR___
CHALLENGE 3. ___degrees	___mph	<u>JOG</u>	___mph	___mph-HR___
CHALLENGE 4. ___degrees	___mph	<u>FIRST</u>	___mph	___mph-HR___
CHALLENGE 5. ___degrees	___mph	<u>THEN</u>	___mph	___mph-HR___
CHALLENGE 6. ___degrees	___mph	<u>TAKE</u>	___mph	___mph-HR___
CHALLENGE 7. ___degrees	___mph	<u>SPEED</u>	___mph	___mph-HR___
CHALLENGE 8. ___degrees	___mph	<u>UP TO</u>	___mph	___mph-HR___

SIMPLY FOLLOW THE COLOR CODE FOR EACH CHALLENGE; RED IS FOR 60 SECOND POWERWALK; BLUE IS FOR 30 SECOND JOG; GREEN IS FOR 15 SECOND SPRINT