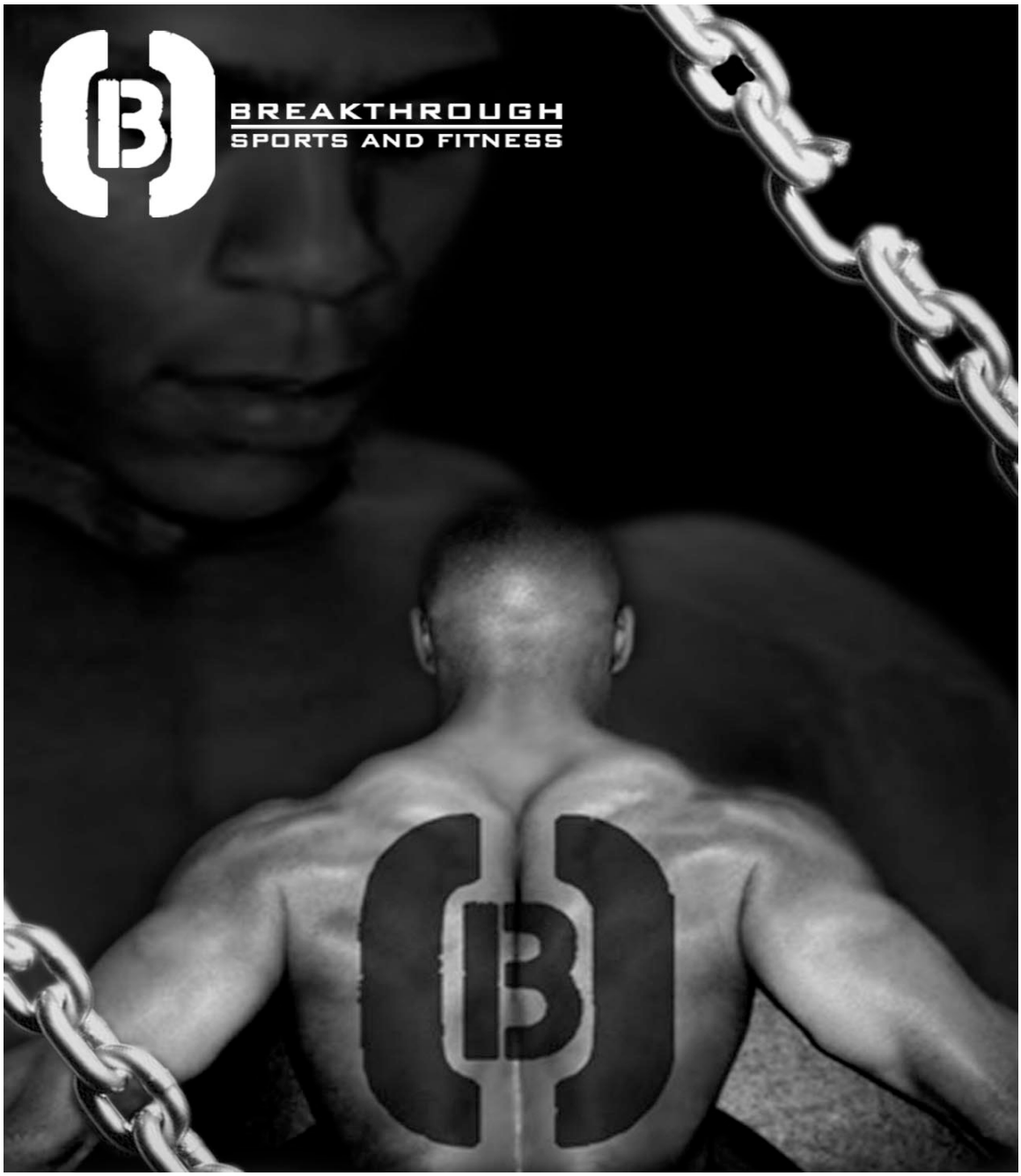
Special Report



16 Week Rapid Fat Loss Cardio Program

Notice

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Thanks in advance for your understanding!

Rapid Fat Loss Cardio Interval Training

Traditional approaches to cardio for fat loss have focused solely on exercising in the "**Fat-Burning Zone" (FBZ),** also know as the aerobic zone, by performing steady-state aerobic exercise of low to moderate-intensity for long-durations. However, aerobic exercise alone has not only FAILED at producing significant fat loss, it can actually cause you to store fat (think trouble spot areas) and lose muscle. Not too sexy!

So what's the alternative? Exercising in the "**Carb-Burning Zone" (CBZ),** also know as the anaerobic zone, to make your workouts dramatically shorter AND more effective. The key to rapid fat loss cardio is to deplete your body's glycogen (the stored form of carbohydrate, or sugar, in muscle) tank so that your body starts using fat (both dietary and stored body fat) as it's primary energy source at all other times of the day. You will literally be burning fat 24-7. In addition, this form of training not only burns a ton of calories during the actual workout but has a serious **AFTERBURN effect** which will have you burning more calories for hours and hours after your workout is completed (some studies suggest anywhere from 12-24+ hours). This phenomenon is know as **Excess Post-Exercise Oxygen Consumption (EPOC)** and describes the energy expended by your body in the recovery of your metabolic rate back to pre-exercise levels. The best part about EPOC is that you control it, meaning that the harder you work during training the more calories your body will burn BOTH during your workout AND for up to 24-48 hours after completing your workout!

This program consists of cardio interval training workouts that alternate between sprinting and active recovery periods. The first three months of this program alternate between short all-out high-intensity sprints of 30-60 seconds (CBZ) and low to moderate-intensity active recovery periods of greater or equal length (FBZ). In other words, you will alternate between your body's Carb-Burning Zone (CBZ) and Fat-Burning Zone (FBZ) to get the most rapid and lasting fat loss around. You will start this program at a beginner level work-to-rest ratio of 1:3 and progress to an advanced level work-to-rest ratio of 1:1 by the third month.

The final month of the program cranks the intensity up a notch by first exhausting your body's **Phosphagen-Burning Zone (PBZ)** with shorter sprints of 5-20 seconds. By burning up your body's Phosphagen stores (ATP and Creatine-Phosphate) in combination with incomplete rest periods you force your body to tap into its sugar stores to make this the ultimate carb-burning, and in turn fat-burning, experience. Thus for our purposes, we will still refer to the PBZ

as the CBZ.

This plan in conjunction with our integrated rapid fat loss bodyweight training system and rapid fat loss nutrition system has our clients consistently ripping off 2-3+ lbs of ugly, unwanted body fat per week. In addition, interval training will sky rocket your overall conditioning levels by improving both your anaerobic fitness AND your aerobic fitness. In fact, interval training has been scientifically proven to increase aerobic fitness even more than aerobic training alone!

NOTE- Your body always uses each energy system (PBZ, CBZ, and FBZ) no matter what type activity you are performing. However, depending on the intensity and duration of effort, your body tends to use one system more than the others.

The Rapid Fat Loss Cardio Workout Schedule

- **Alternating Workout A-B Split:** You will perform 3 interval training workouts per week by alternating between Cardio Workout A (C-A) and Cardio Workout B (C-B) each and every workout.
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Month 1	**Day 1**	**Day 2**	**Day 3**
Week 1	C-A	C-B	C-A
Week 2	C-B	C-A	C-B
Week 3	C-A	C-B	C-A
Week 4	C-B	C-A	C-B
Month 2	**Day 1**	**Day 2**	**Day 3**
Week 5	C-A	C-B	C-A
Week 6	C-B	C-A	C-B
Week 7	C-A	C-B	C-A
Week 8	C-B	C-A	C-B
Month 3	**Day 1**	**Day 2**	**Day 3**
Week 9	C-A	C-B	C-A
Week 10	C-B	C-A	C-B
Week 11	C-A	C-B	C-A
Week 12	C-B	C-A	C-B
Month 4	**Day 1**	**Day 2**	**Day 3**
Week 13	C-A	C-B	C-A
Week 14	C-B	C-A	C-B
Week 15	C-A	C-B	C-A
Week 16	C-B	C-A	C-B

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- These workouts are ideally performed on separate non-

resistance training days, though they can be performed after resistance training workouts or earlier in the same day with at least 4-6 hours separation for recovery purposes. However, NEVER perform these interval workouts immediately before resistance training, as this will reduce the effectiveness of your resistance training workouts.

Week #	Day 1:	Day 2:	Day 3:	Day 4:	Day 5:	Day 6:	Day 7:
1	Resistance Training	C-A	Resistance Training	C-B	Resistance Training	C-A	OFF
2	Resistance Training	C-B	Resistance Training	C-A	Resistance Training	C-B	OFF
3	Resistance Training	C-A	Resistance Training	C-B	Resistance Training	C-A	OFF
4	Resistance Training	C-B	Resistance Training	C-A	Resistance Training	C-B	OFF

The 16-Week Rapid Fat Loss Cardio Program

These workouts can be completed in 30 minutes or less and consist of 3 separate sections to be performed in the exact order listed:

Section#	Section Name	Section Length
I	Warm-Up	5 minutes total
II	Intervals	Perform the prescribed number of rounds for 20 minutes total
III	Cool-Down	5 minutes total

First choose an appropriate mode of cardio exercise for your current fitness level such as running, cycling, etc. Feel free to employ multi-mode cardio by switching the type of activity you perform as frequently as you like between workouts or even during the same workout.

You will start by performing a 5-minute warm-up in the fat-burning zone. Then you will perform your intervals. You have completed 1 Round when you have performed both the sprint portion and the recovery portion of the interval. Perform as many rounds as you can for up to 20 total minutes of intervals. You will finish your workout by performing a 5-minute cool-down in the fat- burning zone. Time to get sexy!

KEY TERMS:

- The Warm-up-

5 minutes total: Upon being instructed to "WARM-UP" you will perform a low to moderate-intensity warm-up for the designated period of time. Make sure to select a pace that allows you to sufficiently prepare for your intervals without causing too much fatigue. In other words, you should be working at an Intensity Level of 3-5 on **The Perceived Exertion Scale of 1-10** (10 being maximum effort). In general, this is the same pace you should use for your active recovery periods and your cool-
down.

- INTERVALS-

10-20 minutes total: You will alternate between bouts of maximum effort and active recovery for the prescribed interval for each workout.

A.) The Carb-Burning Zone (CBZ): Upon being instructed to "SPRINT", you will perform all-out, high- intensity sprints for the designated period of time. Make sure to work as hard as you possibly can during these sprints for your current fitness level. In other words, you should be working at an Intensity Level of 8- 9 on **The Perceived Exertion Scale** of 1-10 (10 being maximum effort).

B.) The Fat-Burning Zone (FBZ): Upon being instructed to "RECOVER" you will perform low to moderate-intensity active recovery for the designated period of time. Make sure to select a pace that allows you to sufficiently recover for the next sprint. In other words, you should be working at an Intensity Level of 3-5 on **The Perceived Exertion Scale of 1-10** (10 being maximum effort). In general, this is the same pace you should use for both your warm-up and your cool-down.

- 1 Interval = CBZ+FBZ = 1 Round

- The Cool-Down-

5 minutes total: Upon being instructed to "COOL-DOWN" you will perform a low to moderate-intensity cool-down for the designated period of time. Make sure to select a pace that allows you to sufficiently wind down from your intervals without causing too much fatigue. In other words, you should be working at an Intensity Level of 3-5 on **The Perceived Exertion Scale of 1-10** (10 being maximum effort). In general, this is the same pace you should have used for your warm-up and your active recovery periods.

*****FOR SUPER RAPID FAT LOSS*****

Perform an Extra 15-30 Minutes of Low to Moderate Intensity Cardio in the FBZ: Following a 5-minute cool-down after interval training, your body releases free fatty acids into your bloodstream in large amounts. Since we know that the body uses a higher percentage of fat for fuel at lower intensities, this is now the PERFECT TIME to do some low to moderate-intensity cardio in the Fat-Burning Zone (FBZ) so you can burn up this fat for fuel and best prevent it from being re-deposited. In other words, aerobic training ALONE is ineffective for fat loss. But, by adding in just a short 15-30 minutes of cardio in the FBZ AFTER INTERVALS it can serve a purpose for those looking for the fastest fat loss possible (particularly for those stubborn fat areas). In addition, some people actually do like to distance run, and for those people this is simply the best time to do it!

The 16-Week Rapid Fat Loss Cardio Program

Month #	Workout A	Workout B
1	1:3 work to rest ratio - CBZ = 30 s - FBZ = 90 s - 1 Interval = 2 minutes = 1 Round - Perform 10 rounds for a total of 20 minutes of intervals	1:3 work to rest ratio - CBZ = 60 s - FBZ = 180 s - 1 Interval = 4 minutes = 1 Round - Perform 5 rounds for a total of 20 minutes of intervals
2	1:2 work to rest ratio - CBZ = 30 s - FBZ = 60 s - 1 Interval = 1.5 minutes = 1 Round - Perform 13 rounds for a total of 20 minutes of intervals	1:2 work to rest ratio - CBZ = 60 s - FBZ = 120 s - 1 Interval = 3 minutes = 1 Round - Perform 7 rounds for a total of 20 minutes of intervals
3	1:1 work to rest ratio - CBZ = 30 s - FBZ = 30 s - 1 Interval = 1 minute = 1 Round - Perform 20 rounds for a total of 20 minutes of intervals	1:1 work to rest ratio - CBZ = 60 s - FBZ = 60 s - 1 Interval = 2 minutes = 1 Round - Perform 10 rounds for a total of 20 minutes of intervals
4	2:1 work to rest ratio - CBZ = 20 s - FBZ = 10 s - 1 Interval = 30 s = 1 Round - Perform 8 rounds for a total of 4 minutes of intervals followed by 1 minute of active recovery. Perform this 5-minute sequence 4x for 20 total minutes.	1:1.5 work to rest ratio - CBZ = 8 s - FBZ = 12 s - 1 Interval = 20 s = 1 Round - Perform 12 rounds for a total of 4 minutes of intervals followed by 1 minute of active recovery. Perform this 5-minute sequence 4x for 20 total minutes.

Workout Customization:

How to determine your current fitness level?

Customized Exercise Selection:
How to choose the right exercises for YOU!

Based on your current body weight and training experience, you will first select your current fitness level using the chart provided below. From there, simply perform the prescribed exercises for your corresponding fitness level in the following pages:

Level I:	**Level II:**	**Level III:**
If you are 30+ lbs ABOVE your ideal body weight **OR** If you are 10-20 lbs ABOVE your ideal body weight **AND** you have NOT worked out consistently in the last 3 months (if ever)	If you are 10-20 lbs ABOVE your ideal body weight **AND** you have been working out consistently for the last 3 months or more **OR** If you are within +/- 5 lbs of your ideal body weight **AND** you have NOT worked out consistently in the last 3 months (if ever)	If you are within +/- 5 lbs of your ideal body weight **AND** you have been working out consistently for the last 3 months or more

- Optional- Multi-Modal Cardio: Feel free to alternate between the different modes of cardio suggested for your custom fitness level every workout or every couple of workouts if you'd like. Not only can this help prevent boredom but it can also prevent overtraining. However, if it's not broke don't fix it, and keep using the exercises modes that are getting you results!

Level I- Beginner

If you are 30+ lbs ABOVE your ideal body weight

OR

If you are 10-20 lbs ABOVE your ideal body weight **AND** you have NOT worked out consistently in the last 3 months (if ever)

Best Results Option A-

– Use a recumbent stationary bike or upright spin bike. Biking is perfect for people where running is contraindicated (acute or chronic injuries to knees, ankles, hips, and lower back).

Cycling:

– The best option is a **Schwinn Airdyne Upright Exercise Bike** (http://www.schwinnfitness.com) which has both pedals for the legs AND arms to make this the ultimate seated total body conditioning exercise.

Next Best Option B-

– Alternate between high-intensity running in place AND low-intensity stationary marching (indoors) OR recovery power walking (outdoors).

Stationary Running:

– Make sure to run in place on the balls of your feet while driving your arms as fast as you can to active your core and make your legs go faster. Also emphasize a full range of motion first and frequency of steps second by using a consistent high-knee drive.

– This is a great lower-impact alternative to locomotive running for beginners while still maintaining the total body muscle involvement inherent to all forms

of running.

Back-up Option C-

– Use other low-impact cardio machines where you can easily adjust both the level of resistance and the incline (e.g. Rowers, Climbers, Ellipticals, Step Machines, Arc Trainers, etc.).

Low-Impact Cardio Machines:

– Whenever possible choose machines with pedals for your arms AND legs to involve as many muscles as possible.

Level II- Intermediate

If you are 10-20 lbs ABOVE your ideal body weight **AND** you have been working out consistently for the last 3 months or more

OR

If you are within +/- 5 lbs of your ideal body weight **AND** you have NOT worked out consistently in the last 3 months (if ever)

Best Results Option A

– Alternate between high-intensity running and low-intensity jogging or recovery walking.

- Running:

– These are best performed on an outdoor or indoor track, but the treadmill is also an acceptable choice if weather and/or other factors do not permit.

Next Best Option B-

– Use a recumbent stationary bike or upright spin bike. Biking is perfect for people where running is contraindicated (acute or chronic injuries to knees, ankles, hips, and lower back).

Cycling:

– The best option is a **Schwinn Airdyne Upright Exercise Bike** (http://www.schwinnfitness.com) which has both pedals for the legs AND arms to make this the ultimate seated total body conditioning exercise.

– Alternate between either high-intensity burnout speed punches/kicks on air OR burnout punches/kicks on a heavy bag AND low to moderate intensity recovery punches/kicks. **Boxing/Kickboxing:**

Level III- Advanced

If you are within +/- 5 lbs of your ideal body weight **AND** you have been working out consistently for the last 3 months or more

Regularly cycle between the following exercise modes:

1.) Resisted/Uphill Running (stairs)
2.) Sprinting/Running (outdoor or indoor track, only use treadmill if absolutely necessary)
3.) Boxing or Kickboxing
4.) Strongman Training (sled drags, tire flips, farmers walks, med ball slams, etc.)
5.) Plyometrics: Jumping Jacks, Jump Roping, etc.
6.) Agility Drills
7.) Cycling (recumbent stationary bike or upright spin bike
8.) Slideboard

THE OPTIONS ARE ENDLESS. HAVE FUN AND USE YOUR IMAGINATION!!!

Perceived Exertion- How hard do I work?

Relative intensity is what allows these workouts to be performed by people of all fitness levels. Obviously a sprint is interpreted and performed differently from individual to individual. In other words, for some people a sprint is running at 18 mph while for others a sprint is power walking at 4 mph. So, put your blinders on

and don't worry about what anybody else is doing. Intensity is the only thing that makes your body change. So just work as hard as you possibly can during each and every sprint (CBZ) at each and every workout and you will not believe how fit you will get and how much fat you will lose! Use **The Perceived Exertion Scale** to work at a relative intensity based on your current fitness level:

The Perceived Exertion Scale

Rating	Descriptor
0	EXTREMELY EASY/RESTING
1	VERY EASY
2	EASY
3	SOMEWHAT EASY/ACTIVE REST
4	MODERATE
5	VERY MODERATE
6	SOMEWHAT HARD
7	HARD
8	VERY HARD
9	NEAR MAXIMAL EFFORT
10	MAXIMAL EFFORT

Gauging Intensity

– Consider a **Rating of 10** to be intensity that you would exert while being chased by a dog

– Consider a **Rating of 0** to be the intensity that you would exert while sleeping

What should I seek to accomplish each workout?

Workout Objectives-

– **Progression- Escalating Intensity:**

Seek to gradually increase the ntensity of your intervals to continue to elicit a training effect. In other words, if you completed all of your rounds at 7.5 mph on the treadmill, try to do so at 7.6 mph the next time you repeat this workout.

Another possibility is if you were running outdoors on a flat surface you could next try to perform the same workout on an inclined surface to increase the intensity. This gradual progressive overload is critical to continually making your body change (e.g. building muscle and melting fat like clockwork). There is no need to be obsessive about this. **All you need to do is make sure you are pushing to get better and working harder each and every workout** so that you continually beat your former self!

Program Objectives-

Why do the intervals change from phase to phase?

- **Training Goal- Escalating Density:**

This first 12 weeks of this program progress you from a 1:3 to a 1:1 work to rest ratio. In other words, from month to month you gradually perform more work in the same amount of time. This escalating density is the key to fat loss. In Phase I you start with longer rest periods within each interval and thus you perform fewer total rounds in 20 minutes.

By Month#3 you are performing twice as many rounds as you did in Phase I in the same amount of time. Your ultimate goal is to be able to maintain and/or increase the intensity you use for each interval in order to maximize fat loss and lean muscle gain.

By Month#4 you will be performing the most brutally effective interval training protocols out there proven through actual scientific studies to be total fat-killers… and you will have the sexy body to show for it!

BONUS

My Blog: What Intensity Level You Train at?

I've been around the gyms pretty much all my life. From the age of 4 competing in gymnastics to spending long hours at my uncle's gym watching body builders compete and train for their competition. It's safe to say I've literally watched tens of thousands people exercise in my lifetime. But one thing that really urks me, when I see people exercising and they really think they're putting in work, but it's more like they're going through the motions. Or just doing enough to barely get by.

If you're looking to alter and reshape your body, you need to work. There needs to be some toiling going on. When you finish your exercise, there should be some signs that you did in fact exercise. I get it, some people simply don't sweat that much. That's ok, but if you're working hard, at least you'd look pooped after going through an intense session.

I simply just don't see much of it these days. Which is probably one of the reasons why people are 'at wit's end' because they put in so many hours working out and don't see the results from the time put it. If you know anything about me, I am all for interval training. I'm all for all out effort, followed by a brief rest/recovery period then back to high intensity exercise.

It's possible most won't ever see the results when it comes to exercise because they simply aren't willing to work hard to get the results they want. They'd rather do the easy stuff. The approach "he who lasts the longest" are the days of old. This means, taking leisure strolls on the treadmill, watching tv shows while doing "cardio", long resting periods in between their resistance training workouts are ineffective and don't work.

Each and every time you exercise, you should be looking to improve or get better. This is the approach we take in our Atlanta Fitness Boot Camp. Hotlanta Bodies Fit Camp is an interval training program. We work at different levels of intensity. Not every exercise has to be the demanding exercise that drains, you but there needs to be intense levels throughout your program. We use these different intensity levels to breakthrough every fitness plateau. There simply is no time where a person can be a stand still. I've created a list of intensity levels for you to relate to below.

To determine the level at which a person exercises , here's 10 levels listed below.

1.) Okay I'm good to go. I feel great and am breathing normal.

2.) Very, very light intensity. I feel terrific. I don't even feel like I'm exerting myself.

3.) Very light intensity. This is fun. I could go forever doing this.

4.) Light intensity I can tell I'm exercising, I feel good.

5. Moderate intensity I'm sweating a little. Im working

6.) moderate to intense I'm exercising harder than I thought I would. I'm getting a workout."

7. Intense the workout is hard, but I can take it

8. Very intense this is difficult. I'm breathing hard. I'm not sure how long I can go.

9. Very,very intense I'm very uncomfortable. I can't talk in a normal tone of voice. I may need to slow down.

10. Maximum Intensity I'm completely exhausted. I better slow down now before I pass out.

Unless you have cardiovascular disease or diabetes, you should be using interval training during your workouts and working at high levels or maximum intensity levels if your goal is fat loss. When using interval training typically you can consistently be working at the stages between 3-9.5. With the high levels of very, very intense any where from 30-60 sec.

But for the most part, people simply can't sprint beyond 1 min, therefore it shouldn't be considered as very very intense or maximum intensity if the duration is passed 1 min. The lower levels very light-moderate intensity are a bit longer in duration periods as this is your recovery stages. If you reflect back to the numbers, you should be working at levels where you may think you could literally go all day. The time of these intervals can be as little as 10 secs (like on a 50/10 work-rest circuit) to as long as 90 seconds.

The time you should be spending in your interval training cardio or circuit training methods should be anywhere from 20-30 minutes. If you're spending 45min to hour exercising it's time to either cut your rest periods down or crank your levels up a bit higher. This will help you begin the process of HIIT (High Intensity Interval Training) which is the key to seeing results faster than you can think.