

CARDIO

fighterdiet

STYLE



**Achieve
a Lean
Physique**

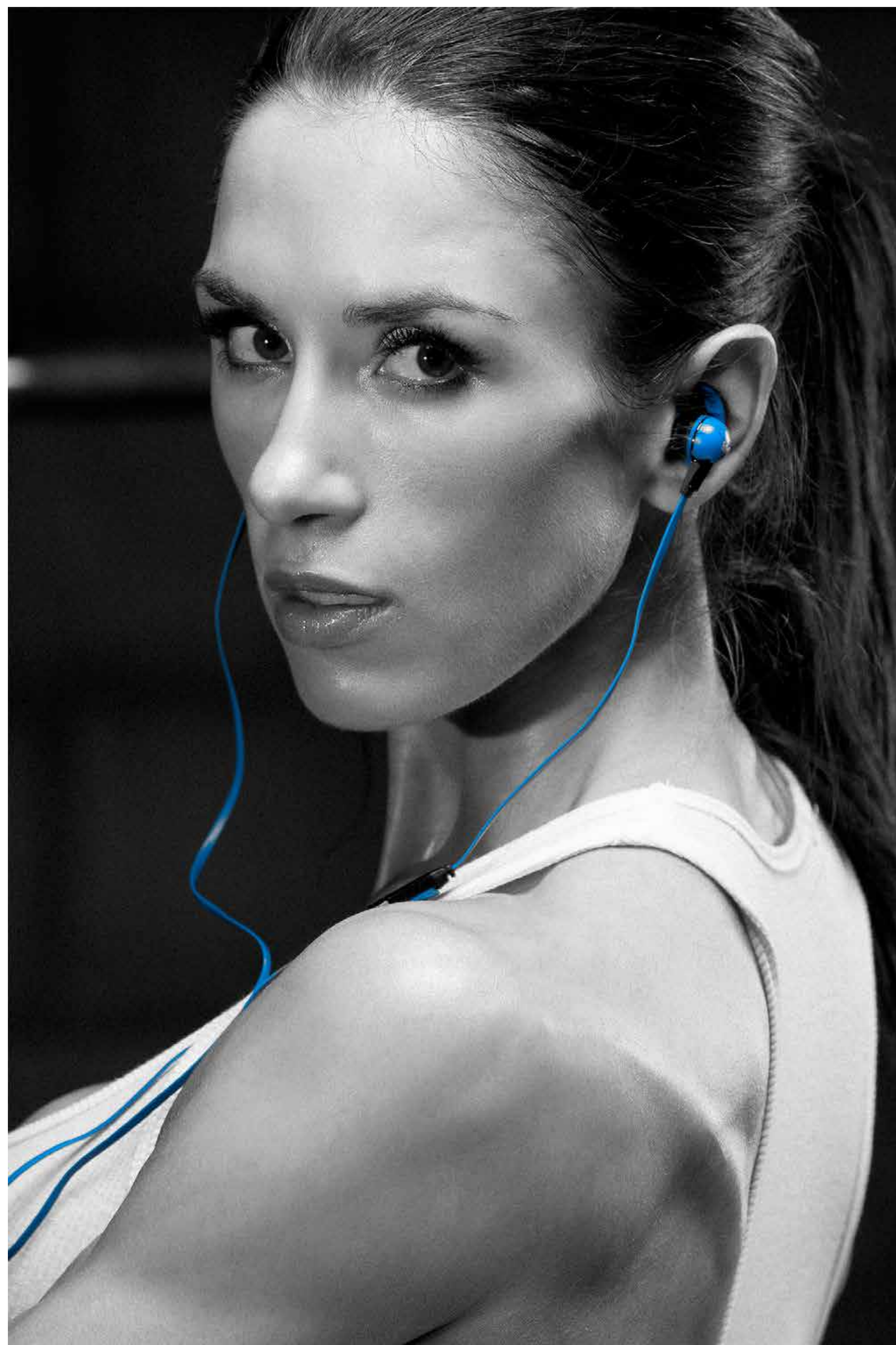
Welcome to my world of cardio training. It's an important tool to achieve and maintain a lean physique. This eBook covers many of my typical workouts, many intense ones, other are more recovery oriented.

I've listed workouts for different pieces of equipment, but if you don't have the particular one in here, simply go with what you've got! One of the best workouts you can do is with a jump rope for instance and I have not even listed them here. Why? Well, I don't personally do them.

For frequency, timing and more detailed information about cardio workouts, check out my essential guide 'Cardio 4 Leanness'.

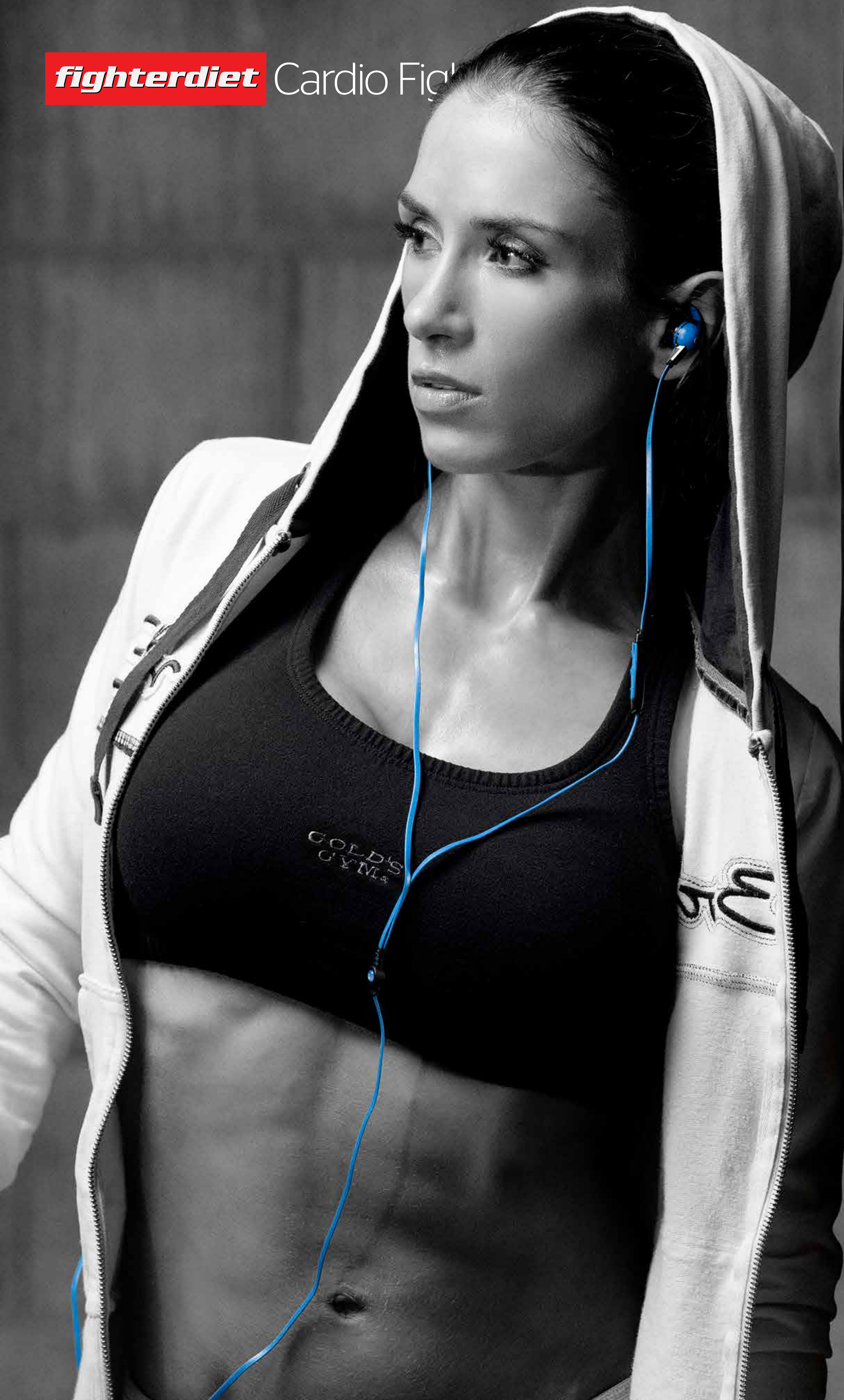
Please use the routines with caution, work your way up to the intensity listed. Always check with your medical doctor before you start with a new training approach.

I hope you enjoy the routines!



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Cardio Fight



Routine A – Maintenance

DAY 1 AM

ELLIPTICAL

10 min warm-up, moderate resistance just to warm up muscles and joints

After that I increase the resistance so it gets tougher but still lets me go pretty fast. With this resistance I do a total of 10 minute intervals where I go all out for 30 sec and then I slow down for 60 sec. I repeat this 10 times (total 10 minutes).

DAY 2 PM

STATIONARY BIKE

5 minute warm-up on low resistance

After that I increase the resistance so it is pretty tough and I go all out until I hit my lactate threshold. This is the burning sensation you feel in your muscles.

I keep working in that horrible, productive zone for one minute and then decrease the resistance.

When my legs have cleared most of the lactate. I go for another round. I repeat this 5 times before switching to crosstrainer.

CROSSTRAINER

10 minutes steady pace.

Moderate resistance to keep circulation and blood flowing. I keep my heart rate around 70% maximum heart rate (MHR).

DAY 3 AM

CROSSTRAINER

5 min warm-up on low/moderate level

After five minutes I raise my heart rate to about 70% MHR. I then stay there for 30 minutes.

After that I go for an intense final push where I increase the pace and effort until I reach 85% MHR. Now, I cool down for five minutes.

The faster I reach 170 the sooner I am done with this session!

DAY 4 NO CARDIO

DAY 5 AM

STAIR STEPPER/ELLIPTICAL

5 minute warm-up

I work to hit 80% of my MHR 10 times.

Between the peaks of 80% I let my heart rate drop to 75% before I go for another interval to hit 80%. The fitter you are the faster your heart recovers and heart rate goes down. Hence, these intervals are done with more tempo.

After the 10 times to 80% I step slower before I go for a last final peak to reach 85% MHR like a little sprint.

COOLDOWN

5 minutes

DAY 5 PM**STEPMILL**

20 minutes stepping as described below

Starting at level 6 where I do 1 minute, level 8 for 2 minutes , level 10 for 1 minutes, level 11 for one minute, level 12 for one minute, level 14 one minute, now I raise it to level 20 and run for 90 sec before my 5 minute cooldown.

DAY 6 NO CARDIO**DAY 7 AM****ELLIPTICAL**

10 min warm-up on high incline to get the greatest range of motion I can.

Now I do jump split squats 50 reps, then rest for 30 seconds. I repeat this three times.

I follow up with single leg squats. 10 reps per leg. 3 sets each leg. No rest between left and right.

Last thing on my list:

MODIFIED HIGH KICKS AND ROUNDHOUSE KICKS

I do that for 10 minutes

I like to put a barbell up high on a power rack so my aim is to reach it with my foot. I'm not hitting a bag, I'm doing kicks out in the free air. This is great flexibility training too!

Routine B — Get Leaner

I do the same routine as A, BUT, I add the following as indicated in green.

DAY 1 AM

ELLIPTICAL

10 min warm-up, moderate resistance just to warm up muscles and joints

After that I increase the resistance so it gets tougher but still lets me go pretty fast. With this resistance I do a total of 10 minute intervals where I go all out for 30 sec and then I slow down for 60 sec. I repeat this 10 times (total 10 minutes).

DAY 1 PM

STATIONARY BIKE

I warm up on the stationary bike for three minutes, then I go all out on a level where I hit my lactate threshold after about 60 sec. I keep going there for one minute. After that cool down and stretching.

COOLDOWN

5 minutes pedaling at low resistance

DAY 2 AM

CROSSTRAINER

60 min steady pace keeping my heart rate at 70% MHR with little to moderate resistance. No lactate buildup whatsoever. This is the famous ‘fat burn zone’.

DAY 2 PM

STATIONARY BIKE

5 minute warm-up on low resistance

After that I increase the resistance so it is pretty tough and I go all out until I hit my lactate threshold. This is the burning sensation you feel in your muscles.

I keep working in that horrible, productive zone for one minute and then decrease the resistance.

When my legs have cleared most of the lactate. I go for another round. I repeat this 5 times before switching to crosstrainer.

CROSSTRAINER

10 minure steady pace moderate resistance to keep circulation and blood flowing. I keep my heart rate around 70% maximum heart rate (MHR).

DAY 3 AM**CROSSTRAINER**

5 minute warm-up on low/moderate level

After five minutes I raise my heart rate to about 70% MHR. I then stay there for 30 minutes.

After that I go for an intense final push where I increase the pace and effort until I reach 85% MHR. Now, I cool down for five minutes.

The faster I reach 170 the sooner I am done with this session!

DAY 3 PM**TREADMILL**

I put it on 1.5% incline. Walk for 5 minutes. Then I jog for 5 minutes.

I increase the speed more and more, about every 30 seconds until my heart rate reaches 85%.

Now I keep running until my heart rate increases to 90%. I jump off and decrease the speed until it's walking pace.

I walk for 2 minutes before I repeat the scenario 5 more times.

COOLDOWN

Walking without incline setting on the treadmill

DAY 4 NO CARDIO**DAY 5 AM****STAIR STEPPER / ELLIPTICAL**

5 minute warm-up

Time to hit 80% MHR 15 times.

Between the peaks of 80%, I let my heart rate drop to 75% before I go for another interval to hit 80%.

For five minutes I step slow before I go for a last final peak to reach 90%.

I have a longer cooldown of 10 min.

DAY 5 PM**STEPMILL**

20 min stepping as described below

Starting at level 6 where I do 1 minute, level 8 for 2 minutes, level 10 for 1 min, level 11 for one min, level 12 for one minute, level 14 one minute, now I raise it to level 20 and run for 90 sec before my five minute cooldown

DAY 6 AM**STEPMILL**

10 min steady at level 10, heart rate around 65% MHR.

CROSSTRAINER

10 min total consisting of 10 rounds where I do 15 seconds fast all out followed by 45 sec slow.

COOLDOWN

5 minutes

DAY 6 PM**ELLIPTICAL**

10 minute warm-up at 60% MHR.

I speed up to hit 170 within 90 seconds, then I stay there, maintaining my HR at 170 for 90 seconds followed by 2 minutes recovery where I bring my heart rate down to 60%.

When my heart rate hits 60% I repeat the intense interval 5 times. I then go for a final push to hit 90% MHR.

COOLDOWN

5-10 minutes

DAY 7 AM**ELLIPTICAL**

10 min warm-up on high incline to get the greatest range of motion I can.

Now I do jump split squats 50 reps, then rest for 30 seconds . I repeat this three times.

I follow up with single leg squats. 10 reps per leg. 3 sets each leg. No rest between left and right.

Last thing on my list: modified high kicks and roundhouse kicks. I do that for 10 min. I like to put a barbell up high on a power rack so my aim is to reach it with my foot. I'm not hitting a bag, I'm doing kicks out in the free air. This is great flexibility training too!

DAY 7 PM**STEPMILL**

30 min stepping at 70-75% of MHR. Not trying to obtain anything here but I "swim" with my arms too for 50 reps, I do 3 sets of those. This drives up my heart rate and hence increases calorie expenditure.

EXTRA: If I am really pushing it I will add one or two more sessions after my weight training sessions. These will just be "go hard as fast as possible until I hit 85% MHR" and that is tough when you are exhausted even though your cardio fitness is excellent.

Stepmill Interval Workouts

These are my favorite stepmill interval workouts:

WORKOUT #1

WARM-UP 5 min @ level 5
WORKOUT 1 min @ level 12
1 min @ level 5
REPEAT For 35 minutes
COOL-DOWN 5 min @ level 5

WORKOUT #2

WARM-UP 5 min @ level 5
WORKOUT 2 min @ level 10
1 min @ level 12
REPEAT 15 times (45 min total)
COOL-DOWN 5 min @ level 5

WORKOUT #3

WARM-UP 2 min @ level 5
WORKOUT 1 min @ level 14
1 min @ level 5
REPEAT For 40 min
COOL-DOWN 5 min @ level 1

WORKOUT #4

WARM-UP 5 min @ level 5
WORKOUT 3 min @ level 10
3 min @ level 13
1 min @ level 14
REPEAT 5 times
COOL-DOWN 5 min @ level 5

WORKOUT #5

WARM-UP 5 min @ level 5
1 min @ level 10
WORKOUT 1 min @ level 20
1 min @ level 1
REPEAT 0 times
COOL-DOWN 5 min @ level 3

WORKOUT #6

WARM-UP 5 min @ level 5
WORKOUT 3 min @ level 13
3 min @ level 15
1 min @ level 10
REPEAT 4 times
COOL-DOWN 10 min @ level 8

WORKOUT #7

WARM-UP 5 min @ level 5
WORKOUT 5 min @ Level 14
1 min @ Level 16
1 min @ Level 17
3 min @ Level 3
REPEAT 3 times
COOL-DOWN 5 min @ level 1

WORKOUT #8

WARMUP 5 min @ level 8
WORKOUT 4 min @ level 12
 1 min @ level 14
 1 min @ level 8
REPEAT 6 times

WORKOUT #9

This one is done by using heart rate for guidance instead of fixed levels.

WARM-UP 5 min @ 60% MHR
WORKOUT 5 min @ 80% MHR
 2 min @ 85%
 1 min @ 90% MHR
COOL-DOWN 10 min @ 70% MHR

To Get Your Estimated Maximum Heart Rate

Women $226 - \text{Your Age} \times \text{Desired MHR\%}$

Men $220 - \text{Your Age} \times \text{Desired MHR\%}$

EXAMPLE: Male 30 years old, $220 - 30 = 190$. $190 \times 0.7 (70\%) = 133$

This means for a male 30 years old his calculated MHR is 190 and 70% of it is 133.

Note: Your maximum heart rate may be higher or lower. The formula is not bullet proof, you will need to do a laboratory MHR test to get the true value. However, the formula gives a pretty good indication and the better you know your body during cardio with an HR monitor, the more accurate you can estimate your MHR.



Elliptical Trainer Workouts

There are many different pieces of equipment out there but the ones I use are the Precor and Life Fitness machines. Remember you need to feel what kind of level and resistance your particular machine has. It might not be the same as mine! So go by feel and level of perceived effort!

WORKOUT #1

WARM-UP 5 min @ level 10,
incline 10

WORKOUT 1 min all out intensity
@ level 14
1 min slow pedaling at
same level (level 14)

REPEAT 20 times

COOL-DOWN 5 min @ level 10
incline 5

WORKOUT #2

WARM-UP 5 min @ level 10, incline 10

WORKOUT 5 min @ level 13, incline 20
5 min @ level 14, incline 20
5 min @ level 14, incline 15
5 min @ level 13, incline 20

COOL-DOWN 10 min @ level 13
at incline 10

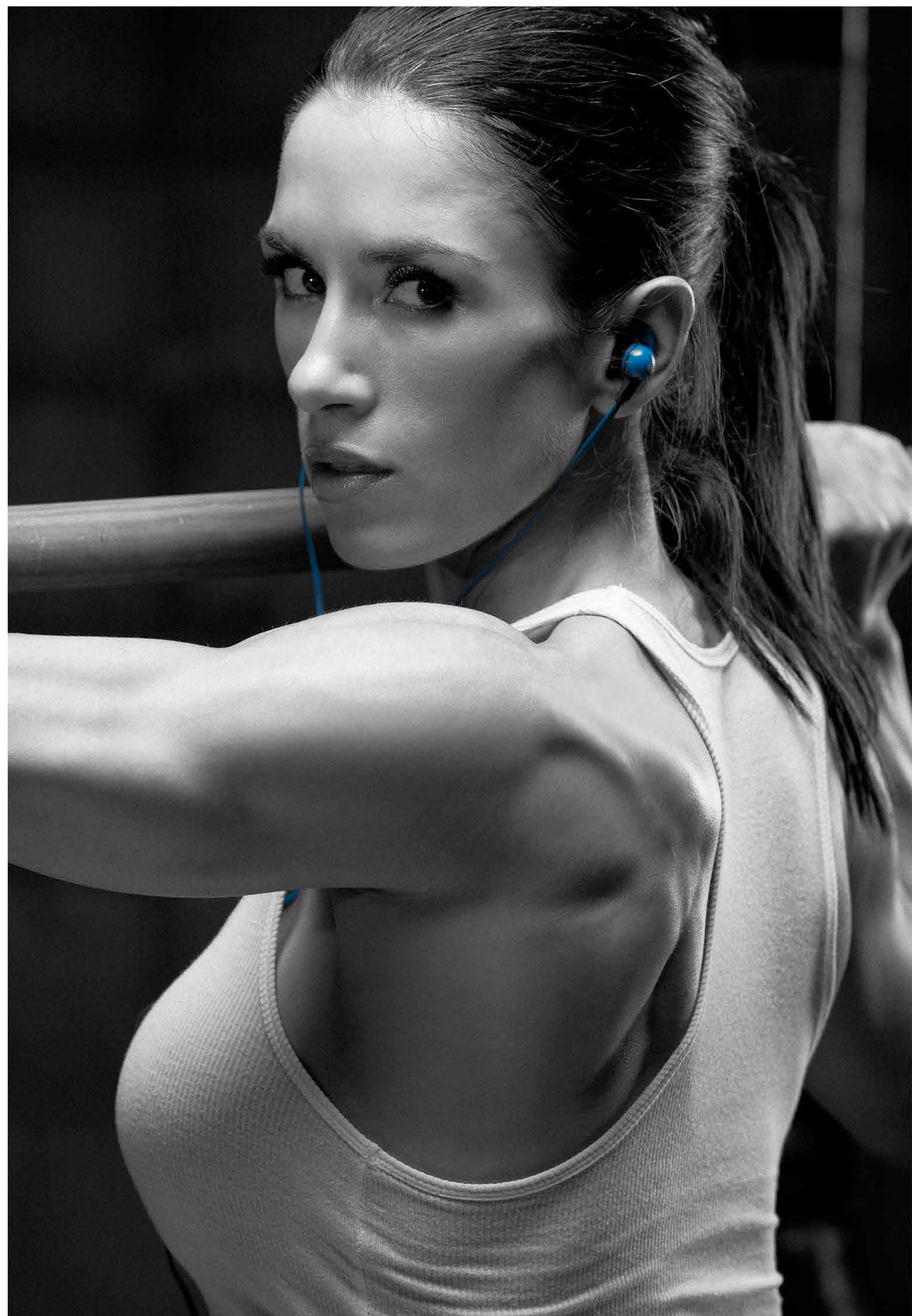
WORKOUT #3

WARM-UP 5 min @ level 10, incline 10

WORKOUT All out intensity to 85% MHR
Slow down and rest for 2 min

REPEAT 4 times

COOL-DOWN 5 min @ level 5, incline 5



WORKOUT #4

WARM-UP 5 min @ level 10, incline 10

WORKOUT 3 min @ 75% MHR
1 min @ 70% MHR

REPEAT 10 times

COOL-DOWN 5 min @ level 5, incline 5

WORKOUT #5

WARM-UP 5 min @ level 13, incline 12

WORKOUT 30 min @ level 14, incline 15

COOL-DOWN 5 min @ level 10, incline 15

Treadmill Workouts

When I run on the treadmill I do not pay attention to distance covered or what speed or incline I am at. I go by heart rate only. I usually set the treadmill at 2% as a default setting since it feels better on the knees to me. I also don't want the machine to have me run like a hamster in a wheel and a bit incline tends to be a little more natural, like outdoors. To convert mph to kmh use the formula $\text{mph} \times 1.6 = \text{kmh}$

WORKOUT #1

WARM-UP 5 min walking, 5 min jogging, increasing speed little by little until I get running. usually I start running at 7 mph.

WORKOUT I raise the speed 1 mph hour every minute until I reach 85% MHR. I then run at this speed for 4 minutes. I lower the speed to 3 mph and walk for three minutes.

REPEAT 4 times

WORKOUT #2

WARM-UP 5 min walking, 5 min jogging, increasing speed little by little until I get running. usually I get running at 7 mph

WORKOUT Increase incline to 5% and keep running for 5 min. After that I decrease the incline to 2 % incline and increase to 9 mph. I run until I reach 85% MHR with a tempo for 2 minutes. After that I jog 10 minutes @ 6 mph and 3% incline.

COOL-DOWN Walking on flat setting until my heart rate is at 50% MHR.

WORKOUT #3

WARM-UP 5 min walking, 5 min jogging at 5 mph

WORKOUT Running with high knees for three minutes. Walk for 1 min

REPEAT 10 times

COOL-DOWN Walking on flat setting until my heart rate is at 50% MHR

Running Outdoors Workouts

I only run in deep sand so these workouts you can only copy if you live by the ocean or a lake with a sand beach!

WORKOUT #1

WARM-UP Jogging for 10 min @ 60% MHR

WORKOUT Run all I can for 30 seconds and then walk. Repeat 10 times. After that another 5 min jogging before I run as intensely as I can for 4 minutes or until my heart rate reaches 90% MHR

COOL-DOWN Walking home. Takes 5 minutes.

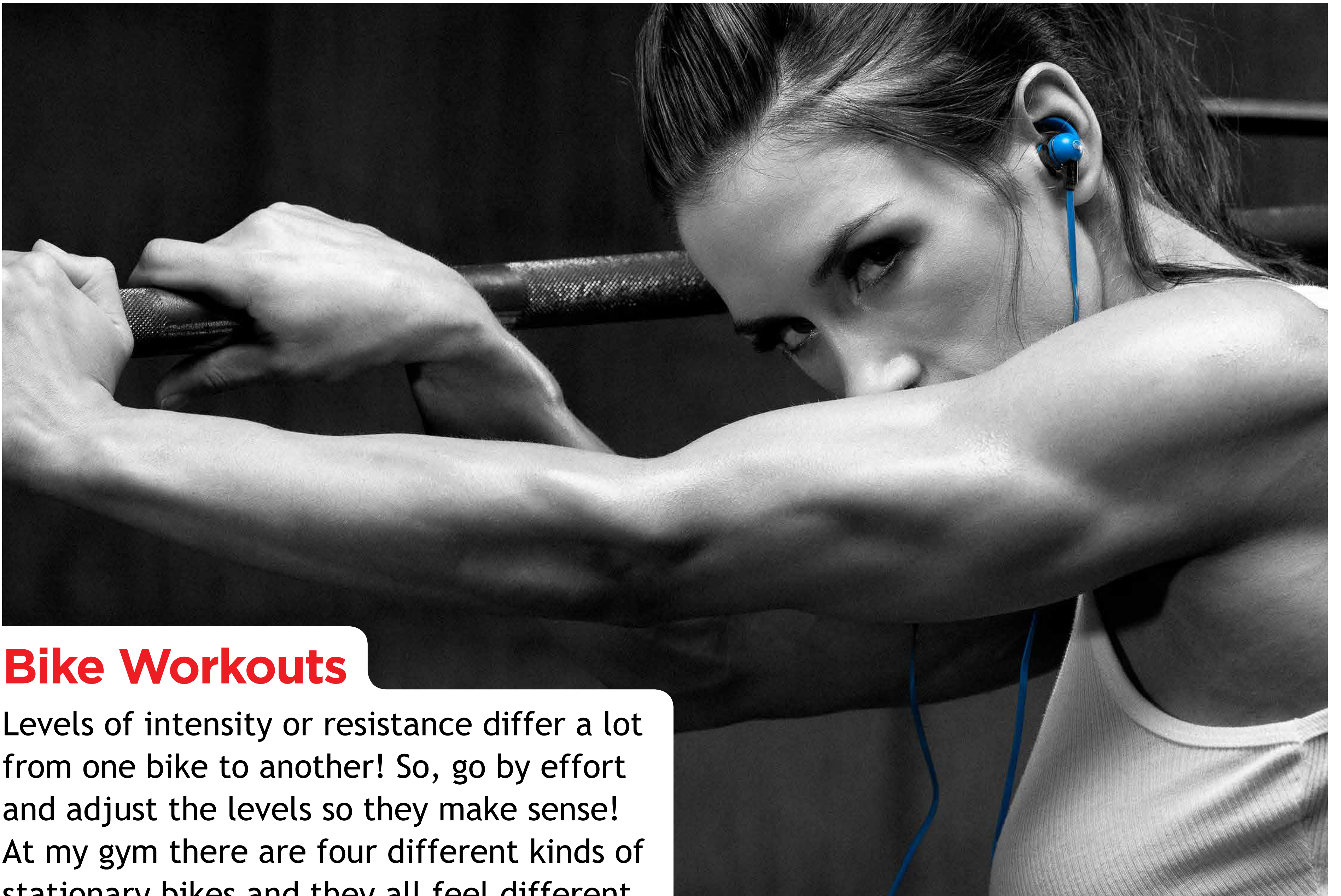
WORKOUT #2

WARM-UP Jogging for 10 min @ 60% MHR

WORKOUT Run as intensely as I can for 1 min, then a complete stop and stay in place for 30 secs

REPEAT 15 times

COOL-DOWN Jogging @ 60% MHR for 15 minutes



Bike Workouts

Levels of intensity or resistance differ a lot from one bike to another! So, go by effort and adjust the levels so they make sense! At my gym there are four different kinds of stationary bikes and they all feel different.

WORKOUT #1

- WARM-UP** 5 min @ level 11
- WORKOUT** Level 16 and go all out until I reach 85% MHR
- COOL-DOWN** As long as it takes for me to get down to 50% MHR

WORKOUT #2

- WARMUP** 5 min @ level 11
- WORKOUT** Level 16 for 1 min, level 1 one min. repeat 10 times. Level 16 for 2 minutes, lower the resistance to 14, keep going for 2 minutes, level 16 for 30 seconds, then lower to level 5.
- COOLDOWN** 5 min @ level 5

WORKOUT #3

- WARM-UP** 5 min @ level 11
- WORKOUT** 5 min @ level 14
5 min @ level 15
1 min @ level 16
- REPEAT** 2 times
- COOL-DOWN** 5 min @ level 5

WORKOUT #4

This one is my favorite to do post weight training. Short and sweet!

- WARM-UP** None
- WORKOUT** Going all out @ level 16 until I reach 85% MHR
- COOL-DOWN** Walk it out

Mixed Workouts

I like to jump from one machine to another and what I usually do is this:

MACHINE #1

WARM-UP for 5 min. Then I increase the intensity as needed to reach 85% MHR within 2 minutes. After that I move on to the second machine.

MACHINE #2

WORKOUT I go directly into the “all out intensity” until I reach 85% MHR, then I walk over to the third machine

MACHINE #3

WORKOUT I go directly into the “all out intensity” until I reach 85% MHR, then I hold that for 4 minutes.

MACHINE #4

WORKOUT Usually the stepmill/staircase and I go all out until I reach 85% MHR.
COOL-DOWN 5 minutes.

“

Cardio is an important tool to achieve and maintain a lean physique.”





Fasted Cardio Workouts

I prefer to do fasted cardio on elliptical machines since they build up the least amount of lactate and you are moving your whole body which means maximum calorie burn.

WORKOUT #1

WORKOUT 40 min @ 65% MHR. I increase the intensity and go all out til I reach 85% MHR.

WORKOUT #2

WORKOUT 60 min @ 70% MHR on the elliptical, then 10 min on the recumbent bike @ HR 120 which for me is about 60% MHR.

WORKOUT #3

WORKOUT Elliptical machine low intensity intervals. 60 min like this: 1 min @ 60% MHR, 1 min @ 65% MHR. I repeat this for 60 minutes

COOL-DOWN there is no additional cool-down

WORKOUT #4

WORKOUT Stepmill at level 7. I step for 60 min.

Deadlift Cardio

This is something I believe I invented because most people who deadlift are not interested in doing marathon workouts with deadlifts.

WARM-UP 10 min jogging on 2% incline treadmill or any other machine if you prefer that.

DEADLIFTING 100 reps with 50-65% of my body weight. Full range of motion. rest 1 minute.

REPEAT 4 times.

Depending on your speed and strength, the time it takes you to complete the workout will differ.

Squat Cardio

This is something I usually prescribe for pre-contest when you need to get that last amount of fat off.

After every cardio session, do this:

WORKOUT 40 reps deep wide stance squats with a 45-65 lb bar

REST 20 seconds

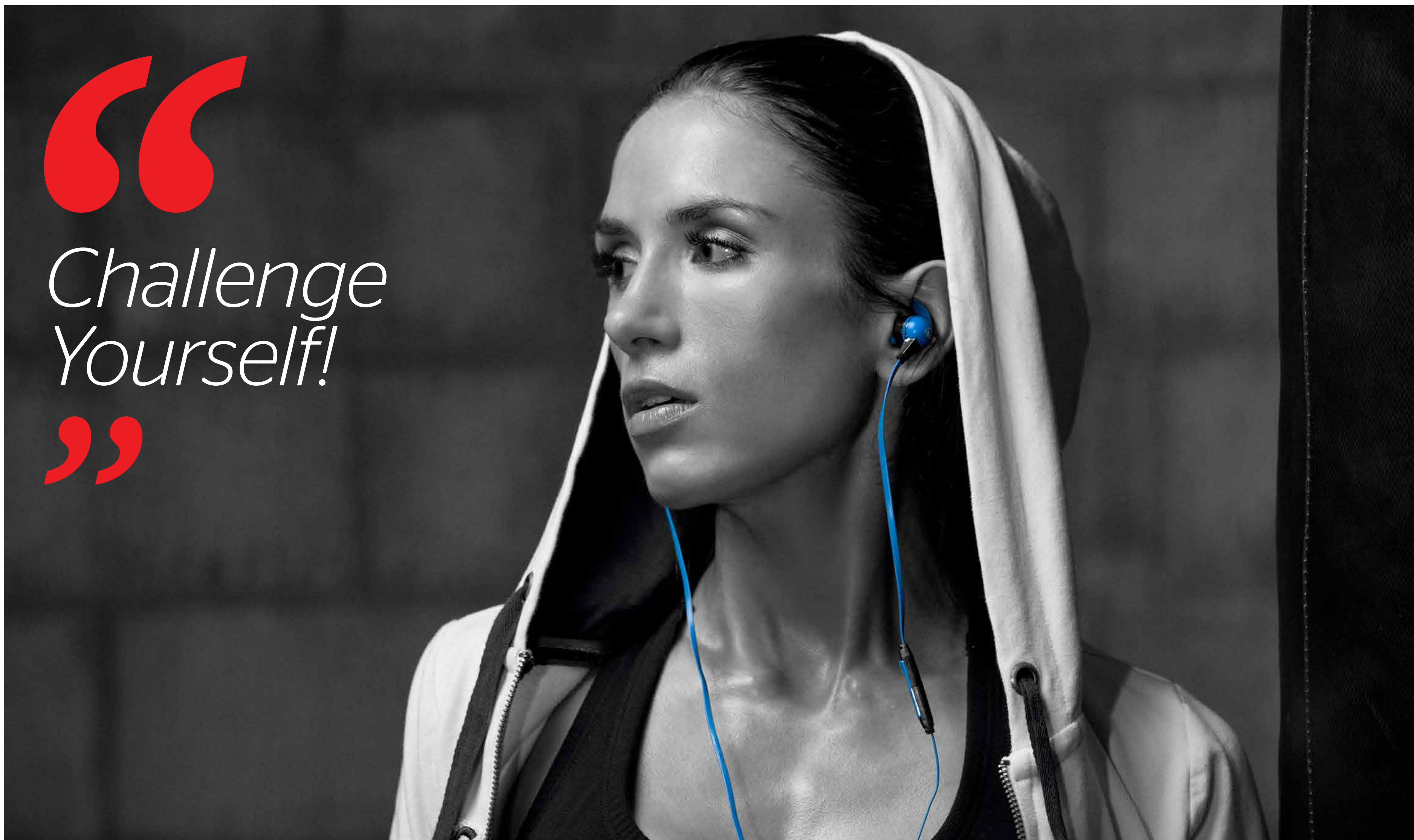
REPEAT As many times as you want depending on how long session you want.

I hope you enjoy the workout programs! Use a journal to keep track of your weights, reps, performance. and progress Go hard, get Buff and have FUN!

“

Challenge Yourself!

”



Cardio Fighter Diet Style

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Fighter Diet, Inc.®

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