

BIG 3 CARDIO STYLES

What are they, and how can you use them to meet your goals?





BIG 3 CARDIO

HIIT

HIGH INTENSITY INTERVAL TRAINING

LISS

LOW INTENSITY STEADY STATE

MISS

MODERATE INTENSITY STEADY STATE

BIG 3 CARDIO, *EXPLAINED*

LISS



Your heart rate stays relatively low, this type of cardio can be done for a longer time period.

MISS



Anything that maintains a moderate heart rate, for a period of time.

HIIT



A workout designed to get your heart rate up to max levels for a short amount of time, then allow you to recover before repeating the cycle!

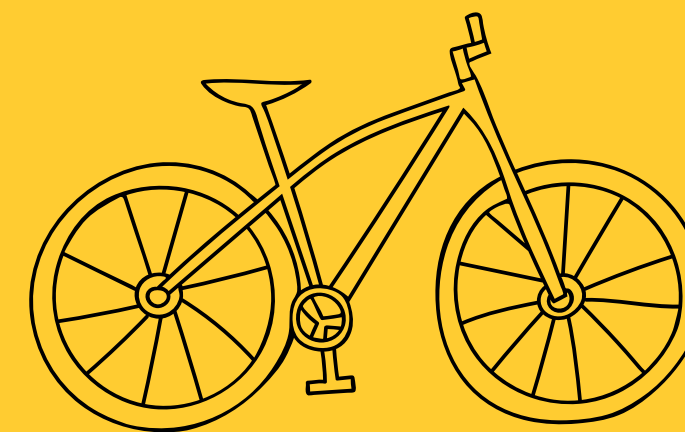
LOW INTENSITY STEADY STATE



HIKING



INCLINE WALKING



BIKING

Heart rate stays between 50-65% of your max!

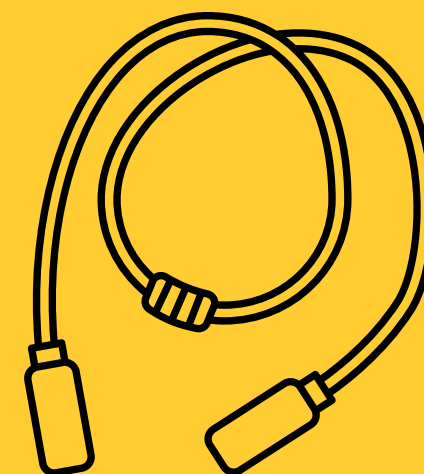
MODERATE INTENSITY STEADY STATE



RUNNING



STAIR MASTER



JUMPROPE

HEART RATE STAYS BETWEEN 60-75% OF YOUR MAX!

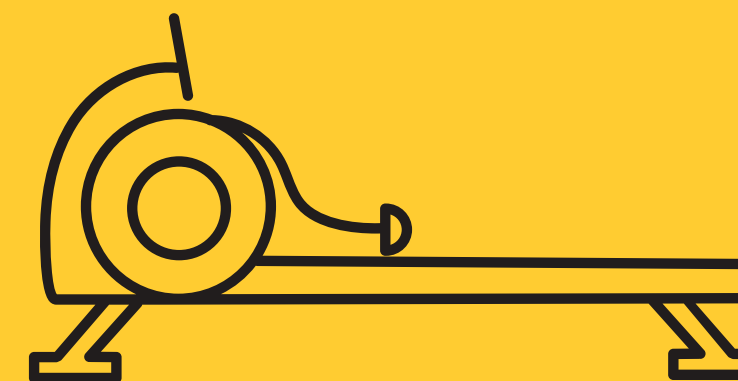
HIGH INTENSITY INTERVAL TRAINING



TABATA CLASS



BURPEES FOR TME



ROWING

HEART RATE GETS ABOVE 85% OF YOUR MAX, THEN GOES BACK TO REST BEFORE YOU START AGAIN



ALL CAN HELP YOU REACH YOUR GOALS!

LISS

WHEN YOU ARE SORE FROM A PREVIOUS WORKOUT OR DON'T WANT TO OVER EXERT YOURSELF IN THE GYM!

MISS

WHEN YOU WANT TO SWEAT AND HAVE TIME TO DEVOTE TO YOUR WORKOUT, AND RECOVERY

HIIT

WHEN YOU WANT TO GET THE BEST BANG FOR YOUR BUCK, YOU CAN GET AN AWESOME WOROUT IN 20 MINS OR LESS!

WANT TO KNOW MORE?

Ask a team member how you can
incorporate these into your routine!

