

CARDIO TRAINING GUIDE FOR BEGINNERS

- ✓ How much cardio to do
- ✓ What kind of cardio exercises to select
- ✓ How many calories cardio can burn



Hi girls!

Thank you for downloading my **free cardio guide for beginners!**

This guide will provide you with clear ideas of **what cardio training is, how much and what kind of cardio exercises** you should include in your routine to be **healthy and strong.**

Enjoy!

AmberFit

CARDIOVASCULAR (CV) FITNESS

CV fitness is about how well our heart and lungs use oxygen when we're active. Cardio training makes our **heart, lungs, and blood flow stronger**. Better cardiovascular fitness makes **daily activities** like climbing stairs or walking long distances easier and improves sports performance, making life more enjoyable.

LONG SLOW DURATION (LSD) TRAINING

Intensity: light to moderate

Duration: +30 minutes

MEDIUM INTENSITY TRAINING

Intensity: moderate

Duration: 20 to 40 minutes

INTERVAL TRAINING

Intensity: alternating between high-intensity exercise and periods of rest or low-intensity activity, repeated multiple times.

Duration: from 5 to 20 minutes.

- **Light intensity** equals to <50% of your maximum hear rate (MHR).
- **Moderate intensity** equals to 50-76% of your MHR.
- **High intensity** equals to >77% of your MHR.
- Calculation of your **MHR: 220 - your age**

TOP REASONS WHY YOU SHOULD DO CARDIO TRAINING



- ✓ Burns calories
- ✓ Improves mood
- ✓ Relieves stress
- ✓ Improves sleeping quality
- ✓ Reduces risk of heart diseases
- ✓ Lowers blood pressure (if elevated)

HOW MUCH CV TRAINING SHOULD I DO?

*Plan Basic**

- Intensity: moderate
- Duration: 100-115 min

OR

- Intensity: high
- Duration: 50-60 min

**800-900
Kcal burnt**

Plan Fitness (Maintenance)

- Intensity: moderate
- Duration: 150-250 min

OR

- Intensity: high
- Duration: 75-125 min

**1200-2000
Kcal burnt**

Plan Weight Loss

- Intensity: moderate
- Duration: 250-300 min

OR

- Intensity: high
- Duration: 125-150 min

**+2000
Kcal burnt**

*Plan Basic means that by performing this amount of cardio training you will lower the risk of diseases such as type 2 diabetes and high blood pressure. This regimen correlates with a 14-20% reduction in disease risk.

WHAT KIND OF **CV TRAINING** SHOULD I DO?

CV MACHINES

- Treadmill
- Stationary bike
- Cross Trainer
- Rower

OUTDOOR

- Running
- Power walking
- Jumping rope
- Aerobics
- Swimming
- Dancing
- Bike



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LADIES FITNESS

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