

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!

Amber Fit



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

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.



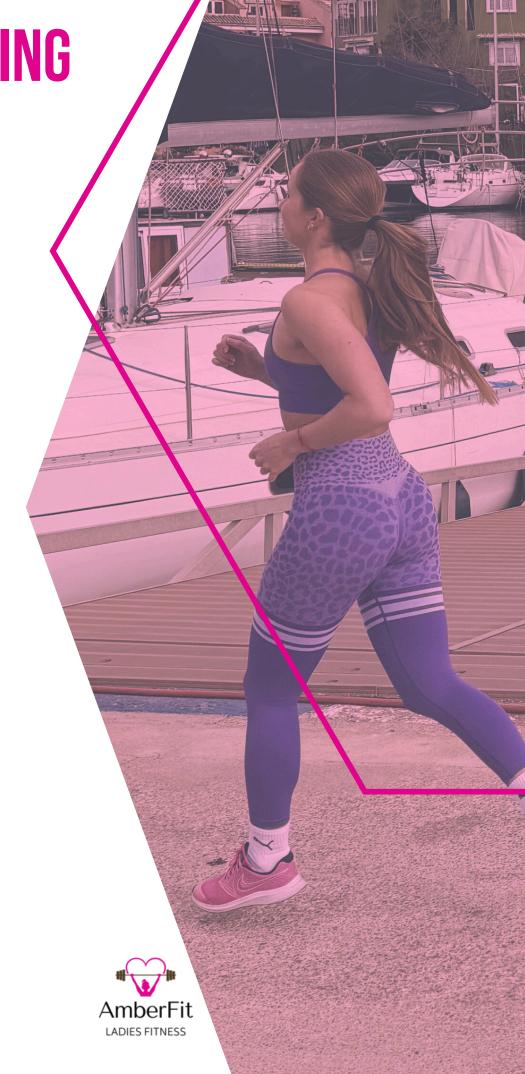
WHAT KIND OF CV TRAINING SHOULD I DO?

CV MACHINES

- Treadmill
- Stationary bike
- Cross Trainer
- Rower

OUTDOOR

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



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