



HiIT/Burst Training Cardio

EXERCISE INTENSELY. NOT TOO MUCH.

Experts have found that interval training stimulates the body to improve insulin sensitivity more than low-quality/high quantity exercise (think running on a treadmill for 40 minutes.)

Make sure you add a lot of resistance – this will help prevent injury. This is about going heavier, not moving faster. Doing this without enough resistance, will render the exercise not only useless, but a complete waste of your time.

Do this just once per week. Beginners/Diabetics; see below.

1. Find a low-impact stationary machine (rowing machine, stair climber, elliptical, stationary bike (NOT a TREADMILL) ... something that doesn't make you have to move quickly)
 2. Warm up by pedaling or rowing at a moderate pace with moderate resistance.
 3. Increase the resistance so that you can only pedal by standing up and pushing down HARD on the pedals, or that you have to really give it your all on the rower.
 4. Ride/row like that for 30 seconds. If you can go longer, increase the resistance until you can't.
 5. Rest for 2 minutes
 6. Repeat steps 4 and 5 twice.
- **If you don't have access to a machine yet, simply skip the HiIT cardio until you do. Be sure to walk (briskly at times). Ideally, you need a machine for this workout to be 100% effective, so see if you can find one in the near future. After all, this is all the cardio you need to do to stay fit and look good for the rest of your life!**

If you are diabetic, a beginner or unfit, please start here:

WEEK 1. Pedal for a few minutes and when you feel ready, increase the intensity and pedal hard for 10 seconds. Then pedal slowly and catch your breath for 10 or so minutes. Do this 3 times in week 1.

WEEK 2. Do the same in week 2, but you will do 2 10 second intervals within the 10 minute ride.

WEEK 3 and 4. Increase the intervals up to 15 seconds. So 2 x 15 second intervals in the 20 minutes.

WEEK 5 and 6. Try and do two lots of 20 second intervals within 10 minutes. Don't go more than 20 seconds.

WEEK 7-8. Try and do two lots of 30 second intervals within 10 minutes. Don't go more than 30 seconds.

You should now be ready to do a regular cardio HiIT session.