

# Stokes SC Cardio



## High Intensity Fat Loss Workouts

*Combining resistance  
exercise and cardio  
into one workout.  
Increasing calorie burn  
while decreasing  
workout time.*

**38 Workouts**

**55 Exercises**

**55 Exercise Video Clips**



*Terry Stokes*

# Disclaimer

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Disclaimer update: 1 January 2010

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### Before you get started...

Many programs that women follow just don't burn enough calories for them to lose weight. Let's face it.... It's harder for women to lose body fat. You must work out harder and more consistency than your male counterparts. This program will help you do just that.



The workouts in this program are designed to get you in terrific shape. Not only will they increase your metabolism so that you can lose body fat, but your stamina and strength will improve a great deal. If you are involved in other sporting activities you will notice increase in speed and coordination. You are training more like an athlete when you follow this program.

These are the same advanced workouts I give my competitors ...and non-competitors who just want to get in excellent shape. New clients of mine don't get these workouts unless they are already in terrific shape.... this is rarely the case. So even if you think you are in great shape... take these workouts slow in the beginning.

Once you become familiar with the exercises, don't be afraid to experiment and substitute exercises or make up your own workouts. The key to getting results is always the same, and that is to work out hard... It doesn't really matter if the **squat presses** come before or after the **jump squats** - either way you are going to be exhausted after you are finished.

Always take your time and give your body a chance to become accustomed to the workouts before you go 100% in your workouts. Patience is important... as you become stronger you will be able to do more and perform the workouts quicker. Don't try to do too much too fast... this could lead to burnout and injuries.

Use weights that are challenging but not too heavy to where you can't keep proper form. Choosing the proper weight gets easier the more you do these workouts. If in doubt... go with the lighter weight until you are positive you are ready for a heavier weight.

Good Luck, 😊  
*Terry Stokes*

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What is...

## I. Cardio Training with High Intensity

The most effective fat loss workouts focus on using different types of **RESISTANCE** exercise combined with **CARDIO** exercises/machines to produce a fat burning effect:

### Resistance exercises:

- A) Barbells and dumbbells
- B) Plyometric exercises
- C) Bodyweight exercises
- D) Olympic-style lifting



### Cardio:

- A) Outdoor running
- B) Treadmill
- C) Stairmill
- D) Spin Bike
- E) Elliptical



*By placing intense and demanding loads on your muscles (resistance exercises) the brain actually thinks you need your existing muscle to survive... therefore it will cause the body to **maintain existing muscle** while losing fat. Cardio workouts **without** intense resistance exercise (ex running, elliptical machine etc.) have a tendency to burn **BOTH** muscle and fat. This is something you definitely don't want! That's why you need resistance exercise alongside cardio.*

# The *resistance circuit* portion of the workouts

Resistance Training is a big part of StokesCardio.

**The resistance portion is extremely important to fat loss.** This is where you are going to use resistance exercises in a manner that raises your heart rate, thus making this a cardio-like in its effects. You will do multiple circuits of exercises without rest followed by interval training (the shaded portion below). Research shows that using resistance exercise/compound exercises in this way increases the number of calories you will burn compared to regular cardio.

## Example

Cardio: 9 minutes of interval training

*Followed immediately by:*

**Circuit:** 1) Jump Squats: 15 reps  
 2) Push ups: max reps  
 3) Db Bicep curls: 12 reps } Perform 4 cycles non-stop

*Followed immediately by:*

Cardio: 9 minutes of interval training

*Followed immediately by:*

## Resistance Circuits -

continuous exercise with challenging weights. Light weights don't burn calories. Make sure you choose a weight that is challenging for you. Don't worry about what anyone else can do. You may be able to lift more or less weight than someone else. As long as it's a challenge for you it doesn't matter what anyone else can do.

**The most important thing to remember is to work hard at every workout.**

When done correctly the circuits are tough to complete if you give 100%. Don't just go through the motions... push yourself!

If you are new to this it will take some time to become accustomed to this type of workout. Rest as much as you need to. Don't be discouraged if you can't complete an entire workout without stopping. Actually, it may be difficult to complete just one resistance circuit without rest, for the first few weeks.

# The *interval* portion of the workouts

## What are intervals?

Basically you pick a cardio activity or machine (*running, treadmill, elliptical, stair-mill etc.*) and instead of going at a steady pace for a specific amount of time (*such as 30 minutes*), you will do *intervals* instead

**Intervals:** Run, treadmill (*or whatever type of cardio you do*) at top speed for short periods of time (*such as 1 minute*) immediately followed by slower pace for a longer period (*such as 2 minutes*). Sort of a *fast - slow - fast - slow* pace... you do this for the entire required time (*it's 9 minutes in the example below*).

### Example

**Intervals for 9 consecutive minutes** - alternating between maximum and moderate speeds

**Cardio: 9 minutes of interval training**

*Followed immediately by:*

<i>Circuit:</i>	1) Jump Squats: 15 reps	} Perform 4 cycles non-stop
	2) Push ups: max reps	
	3) Db Bicep curls: 12 reps	

*Followed immediately by:*

**Cardio: 9 minutes of interval training**

*Followed immediately by:*

### The intervals in this program are on a 1 minute - to - 2 minutes ratio

This means that for the 1 minute segment you are going to go all out, near max(90%). After the minute is up, you slow down to approximately 60% of your max which is still a pretty good pace but slow enough that your heart rate can slow down some.

Don't get hung up on the percentages 90% and 60% these are just to give you an idea of how hard you should be working. No need to go get a watch and measure heart rate blah, blah, blah.... just look at it like this:

- 90% = really hard/fast
- 60% = moderate

From the previous page you now understand what intervals are. Research shows us that interval training burns more calories than regular steady-state cardio (ex. *running 5 miles at the same speed the entire run*).

Now we combine the above knowledge with the research that shows that **using resistance movements, weights etc., also burn more calories than steady state cardio and it also keeps the body from losing muscle.**

What we come up with is a cardio workouts that incorporates interval training with resistance exercises so that we can reduce workout time but increase results

## Example

**Cardio: 9 minutes of interval training**

*Followed immediately by:*

**Circuit:** 1) Jump Squats: 15 reps  
2) Push ups: max reps  
3) Db Bicep curls: 12 reps } Perform 4 cycles non-stop

*Followed immediately by:*

**Cardio: 9 minutes of interval training**

*Followed immediately by:*

**Intervals for 9 consecutive minutes** - alternating between maximum and moderate speeds

**Immediately** follow the intervals with 4 non-stop cycles of this resistance circuit

**There is no resting during the entire workout**

The above process will be repeated until the workout is complete

*- I see many people doing 'intervals' without the proper intensity. They don't push hard enough during the sprint portion. You need to go all out. The idea is to get your heart rate high.... higher than you would during 'target heart rate' training.*

*Also the 'recovery' (slower) portion is designed to let your heart rate drop so that you can recover for your next 'burst'. Don't slow down too much, you should still be moving at a good enough pace to keep your heart rate fairly high.*

# II. The Workouts

## When/how to do them

### How to use these workouts:

#### 1) If you are already doing cardio on a regular basis:

Replace your current workouts with these. Give your body time to get accustomed to the exercises. If you get too sore, just do your regular cardio for a few days until the soreness goes away. Eventually you will be able to replace all of your cardio workouts with these *higher intensity workouts*.

ex. *Let's say you are doing 2 - 5 days of cardio a week now:*

**A) start with level I** and replace your current cardio workouts with my *cardio* workouts. Keep your current schedule as long as everything is going good but if you want to see more progress then increase the number of days you do cardio. Don't switch to level II until you've been training 5 days a week at level I, for at least a month.

**- give the workouts at least a month before you switch to the next level**

**B)** If fat loss stops or you just want to get into better condition then switch to level II and replace all of your level I workouts with level II workouts. *Make sure you are consistently doing at least 5 days a week for a month at this level before switching to the next level.*

#### 2) If you are not doing any cardio on a regular basis:

Start doing these workouts for your cardio... and like I stated above, take your time and let your body get accustomed to the exercises.

**Start with level I** for 3 X week, then 4 days a week and then 5 days a week at level I. If you want to make more progress/lose more weight, then switch to level II for 5 days per week. (*before you switch to a higher level make sure you have consistently been doing at least 5 days a week of **hard** cardio at the current level for a month or longer*)

Remember that every time you move to the next level, the amount of cardio increases and the exercises get more difficult. Therefore, before you decide to switch to the next level make sure you have worked hard in the existing level for at least a month. Some women never have to go above level I, while others may need level III to get really lean (if that's your goal).

# Alternative **Interval** Only Workouts

(no weights or resistance exercises)

***Interval-only (no weights) training is great substitute for high intensity cardio.***

For each level, I wrote an alternative workout consisting **only of intervals**. These workouts can be done when you want to take a day off from the weights:

- 1) you might need a change of pace*
- 2) sore muscles (take off from using weights until your muscles are no longer sore)*
- 3) don't have access to weights*
- 4) nursing an injury that is aggravated by weights*

**It is actually a good idea to take off from weights for an entire week every 2 or 3 months. This gives your muscles a chance to rest.**

Pick your favorite piece of cardio equipment when doing your intervals



# III.

## Level 1

### Workouts



# Level 1: High Intensity Cardio

## Workout #1

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each
  - each resistance circuit is done 4 x without rest

### Cardio: 9 minutes of interval training

*Followed immediately by:*

**Circuit:** 1) Jump Squats: 15 reps  
2) Push ups: Max reps  
3) Db Bicep curls: 12 reps } **Perform 4 cycles of this circuit without rest**

*Followed immediately by:*

### Cardio: 9 minutes of interval training

*Followed immediately by:*

**Circuit:** 1) Jump squats: 15 reps  
2) Push ups: Max reps  
3) Db Biceps curls: 12 reps } **Perform 4 cycles of this circuit without rest**

*Followed immediately by:*

### Cardio: 9 minutes of interval training

### Example of a 3 minute interval cycle:

Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace

Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace

(9 minutes of intervals = 3 of these cycles)

During step 1: you should be working at near capacity (90% of your max) for 1 minute

During step 2: you should go at a moderate pace (about 60% of max) ***enough to let your heart rate drop but not too slow to the point of resting.***

# Level 1: High Intensity Cardio

## Workout #2

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each  
- each resistance circuit is done 4 X without rest

### **Cardio: 9 minutes of interval training**

*Followed immediately by:*

**Circuit:** 1) Db shoulder press: 15 reps  
2) Pushups: max reps  
3) Air squats: 40 reps } **Perform 4 cycles of this circuit without rest**

*Followed immediately by:*

### **Cardio: 9 minutes of interval training**

*Followed immediately by:*

**Circuit:** 1) Air squats: 40 reps  
2) Pushups: max reps  
3) Db shoulder press: 15 reps } **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

### **Cardio: 9 minutes of interval training**

### **Example of a 3 minute interval cycle:**

**Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace**

**Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace  
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute  
During step 2: you should go at a moderate pace (about 60% of max) ***enough to let your heart rate drop but not too slow to the point of resting.***

# Level 1: High Intensity Cardio

## Workout #3

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each  
- each resistance circuit is done 4 x without rest

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Leg extension: 15 reps  
2) Db squat press: 15 reps  
3) Leg curl: 15 reps } Perform 4 cycles of this circuit without rest

*Followed immediately by*

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Leg curl: 15 reps  
2) Db squat press: 15 reps  
3) Leg extension: 15 reps } Perform 4 cycles of this circuit without rest

*Followed immediately by*

### Cardio: 9 minutes of interval training

#### Example of a 3 minute interval cycle:

Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace

Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace  
(9 minutes of intervals = 3 of these cycles)

During step 1: you should be working at near capacity (90% of your max) for 1 minute  
During step 2: you should go at a moderate pace (about 60% of max) ***enough to let your heart rate drop but not too slow to the point of resting.***

# Level 1: High Intensity Cardio

## Workout #4

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each  
- each resistance circuit is done 4 x without rest

### **Cardio: 9 minutes of interval training**

*Followed immediately by*

**Circuit:** 1) 2 hand overhead (OH) tricep extension: 15 reps  
2) Pushups: Max reps  
3) Db swings: 15 reps

Perform 4 cycles of this circuit without rest

*Followed immediately by*

### **Cardio: 9 minutes of interval training**

*Followed immediately by*

**Circuit:** 1) 2 hand overhead (OH) tricep extension: 15 reps  
2) Pushups: Max reps  
3) Db swings: 15 reps

Perform 4 cycles of this circuit without rest

*Followed immediately by*

### **Cardio: 9 minutes of interval training**

### **Example of a 3 minute interval cycle:**

**Step 1 - run (spin bike, Stairmill etc) for 1 minute at a fast pace**

**Step 2 - run (spin bike, Stairmill etc) for 2 minutes at a moderate pace  
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute  
During step 2: you should go at a moderate pace (about 60% of max) *enough to let your heart rate drop but not too slow to the point of resting.*

# Level 1: High Intensity Cardio

## Workout #5

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each  
- each resistance circuit is done 4 x without rest

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Db squat press: 15 reps  
2) Jump squats: 15 reps  
3) 1 arm high pulls: 15 reps } **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Db squat press: 15 reps  
2) Jump squats: 15 reps  
3) 1 arm high pulls: 15 reps } **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

### Cardio: 9 minutes of interval training

### Example of a 3 minute interval cycle:

**Step 1 - run (spin bike, Stairmill etc) for 1 minute at a fast pace**

**Step 2 - run (spin bike, Stairmill etc) for 2 minutes at a moderate pace  
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute  
During step 2: you should go at a moderate pace (about 60% of max) *enough to let your heart rate drop but not too slow to the point of resting.*

# Level 1: High Intensity Cardio

## Workout #6

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each  
- each resistance circuit is done 4 x without rest

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Spider Pushups: Max reps  
2) Squat curl: 15 reps  
3) Mountain climbers: 100 reps } **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Mountain climbers: 100 reps  
2) Squat curl: 15 reps  
3) Spider Pushups: Max reps } **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

### Cardio: 9 minutes of interval training

#### Example of a 3 minute interval cycle:

**Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace**

**Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace  
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute  
During step 2: you should go at a moderate pace (about 60% of max) ***enough to let your heart rate drop but not too slow to the point of resting.***

# Level 1: High Intensity Cardio

## Workout #7

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each  
- each resistance circuit is done 4 x without rest

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Bicycles: 100 reps  
2) Mountain climbers: 100 reps  
3) Frog jumps: 20 reps } **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Frog jumps: 20 reps  
2) Mountain climbers: 100 reps  
3) Bicycles: 100 reps } **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

### Cardio: 9 minutes of interval training

#### Example of a 3 minute interval cycle:

**Step 1 - run (spin bike, Stairmill etc) for 1 minute at a fast pace**

**Step 2 - run (spin bike, Stairmill etc) for 2 minutes at a moderate pace  
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute  
During step 2: you should go at a moderate pace (about 60% of max) *enough to let your heart rate drop but not too slow to the point of resting.*

# Level 1: High Intensity Cardio

## Workout #8

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each  
- each resistance circuit is done 4 x without rest

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Db squat press: 15 reps  
2) Spider pushups: Max reps  
3) Db squat curls: 15 reps } **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Db squat curl: 15 reps  
2) Spider pushups: Max reps  
3) Db squat press: 15 reps } **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

### Cardio: 9 minutes of interval training

### Example of a 3 minute interval cycle:

**Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace**

**Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace  
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute  
During step 2: you should go at a moderate pace (about 60% of max) ***enough to let your heart rate drop but not too slow to the point of resting.***

# Level 1: High Intensity Cardio

## Workout #9

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each  
- each resistance circuit is done 4 x without rest

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Leg extension: 20 reps  
2) Jump squats: 20 reps  
3) Walking lunges: 30 reps  
(15 reps each leg) ←

} Perform 4 cycles of this circuit without rest

*Followed immediately by*

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Leg extension: 20 reps  
2) Jump squats: 20 reps  
3) Walking lunges: 30 reps  
(15 reps each leg) ←

} Perform 4 cycles of this circuit without rest

*Followed immediately by*

### Cardio: 9 minutes of interval training

#### Example of a 3 minute interval cycle:

Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace

Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace  
(9 minutes of intervals = 3 of these cycles)

During step 1: you should be working at near capacity (90% of your max) for 1 minute  
During step 2: you should go at a moderate pace (about 60% of max) *enough to let your heart rate drop but not too slow to the point of resting.*

# Level 1: High Intensity Cardio

## Workout #10

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each  
- each resistance circuit is done 4 x without rest

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Air squats: 40 reps  
2) Jump squats: 20 reps  
3) Walking lunges : 30 reps  
(15 reps each leg) ←

} Perform 4 cycles of this circuit without rest

*Followed immediately by*

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Walking lunges: 30 reps  
2) Jump squats: 20 reps  
3) Air squats: 40 reps

← (15 reps each leg)

} Perform 4 cycles of this circuit without rest

*Followed immediately by*

### Cardio: 9 minutes of interval training

#### Example of a 3 minute interval cycle:

Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace

Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace  
(9 minutes of intervals = 3 of these cycles)

During step 1: you should be working at near capacity (90% of your max) for 1 minute  
During step 2: you should go at a moderate pace (about 60% of max) *enough to let your heart rate drop but not too slow to the point of resting.*

# Level 1: High Intensity Cardio

## Workout #11

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each  
- each resistance circuit is done 4 x without rest

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Spider pushups: Max Reps  
2) Mountain climbers: 120 reps  
3) Db snatches: 12 each arm } **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Db snatches: 12 each arm  
2) Mountain climbers: 120 reps  
3) Spider pushups: Max reps } **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

### Cardio: 9 minutes of interval training

### Example of a 3 minute interval cycle:

**Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace**

**Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace  
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute  
During step 2: you should go at a moderate pace (about 60% of max) ***enough to let your heart rate drop but not too slow to the point of resting.***

# Level 1: High Intensity Cardio

## Workout #12

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each  
- each resistance circuit is done 4 x without rest

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Db shoulder press: 12 reps each arm  
2) 1 Arm high pull: 12 reps each arm  
3) Db snatch: 12 reps each arm } **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Db snatch: 12 reps each arm  
2) 1 Arm high pull: 12 reps each arm  
3) Db shoulder press: 12 reps each arm } **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

### Cardio: 9 minutes of interval training

### Example of a 3 minute interval cycle:

**Step 1 - run (spin bike, Stairmill etc) for 1 minute at a fast pace**

**Step 2 - run (spin bike, Stairmill etc) for 2 minutes at a moderate pace  
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute  
During step 2: you should go at a moderate pace (about 60% of max) *enough to let your heart rate drop but not too slow to the point of resting.*

# Level 1: High Intensity Cardio

## Workout #13

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each  
- each resistance circuit is done 4 x without rest

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Db swings: 15 reps  
2) Spider pushups: Max reps  
3) Frog jumps: 15 reps } **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Frog jumps: 15 reps  
2) Spider pushups: Max reps  
3) Db swings: 15 reps } **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

### Cardio: 9 minutes of interval training

### Example of a 3 minute interval cycle:

**Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace**

**Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace  
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute  
During step 2: you should go at a moderate pace (about 60% of max) ***enough to let your heart rate drop but not too slow to the point of resting.***

# Level 1: High Intensity Cardio

## Workout #14

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each  
- each resistance circuit is done 4 x without rest

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Air squats: 40 reps  
2) Jump squats: 15 reps  
3) Db squat press: 15 reps } **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) Db squat press: 15 reps  
2) Jump squats: 15 reps  
3) Air squats: 40 reps } **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

### Cardio: 9 minutes of interval training

### Example of a 3 minute interval cycle:

**Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace**

**Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace  
(9 minutes of intervals = 3 of these cycles)**

During step 1: you should be working at near capacity (90% of your max) for 1 minute  
During step 2: you should go at a moderate pace (about 60% of max) ***enough to let your heart rate drop but not too slow to the point of resting.***

# Level 1: High Intensity Cardio

## Workout #15

- A) 27 minutes of interval cardio
- B) 2 resistance circuits consisting of 3 exercises each  
- each resistance circuit is done 4 x without rest

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) 2 Hand overhead (OH) tricep extensions: 15 reps  
2) Db squat press: 15 reps  
3) Mountain climbers: 100 reps

Perform 4  
cycles of this  
circuit with-  
out rest

*Followed immediately by*

### Cardio: 9 minutes of interval training

*Followed immediately by*

**Circuit:** 1) 2 Hand overhead (OH) tricep extensions  
2) Db squat press: 15 reps  
3) Mountain climbers: 100 reps

Perform 4  
cycles of this  
circuit with-  
out rest

*Followed immediately by*

### Cardio: 9 minutes of interval training

### Example of a 3 minute interval cycle:

Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace

Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace  
(9 minutes of intervals = 3 of these cycles)

During step 1: you should be working at near capacity (90% of your max) for 1 minute  
During step 2: you should go at a moderate pace (about 60% of max) *enough to let your heart rate drop but not too slow to the point of resting.*

## Level 1 Intervals

### *Alternative Interval Only Training*

34 minutes each session

A) 10 **cycles**: each cycle is 3 minutes in length = 30 min.

- 1 minute hard (fast pace)
  - 2 minutes at moderate pace
- } Repeat this sequence non-stop  
for the entire 30 minutes

B) *plus* 2 minute warm up and a 2 minute cool down = 34 minutes total

Any piece of cardio equipment/exercise that gets your heart rate up can be used for interval training **BUT** there are not very many. The best cardio exercises are:

- 1) Running
- 2) Spinning
- 3) Stairmill/Stepmill
- 4) Elliptical

- *the elliptical machine in my opinion is not as effective as the first three but it does have advantages that I think are important:*

- a. Available in most gyms
- b. Easy on the joints (for those who are overweight or have sore joints)
- c. Good for conditioning the body for more strenuous forms of cardio such as running
- d. great for beginners

#### Example of a 3 minute interval cycle:

**Step 1 - run (spin bike, Stairmill etc) for 1 minute at a fast pace**

**Step 2 - run (spin bike, Stairmill etc) for 2 minutes at a moderate pace**

**Repeat for the required number of intervals (10) non-stop for the entire 30 minutes**

During step 1: you should be working at near capacity (90% of your max) for 1 minute

During step 2: you should go at a moderate pace (about 60% of max) *enough to let your heart rate drop but not too slow to the point of resting.*

# IV.

## Level 2 Workouts



# Level 2: High Intensity Cardio

## Workout #1

- A) 36 minutes of interval cardio
- B) 3 resistance circuits consisting of 3 exercises each

**Cardio: 9 minutes of intervals**

**Intervals (3 rounds = 9 min.)**

*1 minute fast pace*

*2 minutes moderate pace*

*Followed immediately by*

**Circuit:** 1) Db pushup with row: 5 reps each arm  
2) 1 arm snatches: 10 reps each arm  
3) Db squat press: 10 reps

Perform 4 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Db pushup with row: 6 reps each arm  
2) 1 arm snatches: 12 reps each arm  
3) Db squat press: 12 reps

Perform 4 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Db pushup with row: 8 reps each arm  
2) 1 arm snatches: 15 reps each arm  
3) Db squat press: 15 reps

Perform 4 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 9 minutes of intervals**

## Level 2: High Intensity Cardio

### Workout #2

- A) 36 minutes of interval cardio
- B) 3 resistance circuits consisting of 3 exercises each

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

- Circuit:**
- 1) Db squat curl: 10 reps
  - 2) Db squat: 10 reps
  - 3) 1 arm shoulder press: 10 reps each arm



Perform 4 cycles of this circuit without rest

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

- Circuit:**
- 1) Db squat curl: 12 reps
  - 2) Db squat : 12 reps
  - 3) 1 arm shoulder press: 12 reps each arm



Perform 4 cycles of this circuit without rest

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

- Circuit:**
- 1) Db squat curl: 15 reps
  - 2) Db squat: 15 reps
  - 3) 1 arm shoulder press: 15 reps each arm



Perform 4 cycles of this circuit without rest

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

**Intervals (3 rounds = 9 min)**

*1 minute fast pace*

*2 minutes moderate pace*

## Level 2: High Intensity Cardio

### Workout #3

A) 36 minutes of interval cardio

B) 3 resistance circuits consisting of 3 exercises each

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Suicides: 10 reps  
2) Db Squat press: 10 reps  
3) Jump squats: 10 reps

Perform 4 cycles of this circuit without rest

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Suicides: 12 reps  
2) Db Squat press: 12 reps  
3) Jump squats: 12 reps

Perform 4 cycles of this circuit without rest

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Suicides: 15 reps  
2) Db Squat press: 15 reps  
3) Jump squats: 15 reps

Perform 4 cycles of this circuit without rest

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

**Intervals (3 rounds = 9 min)**

*1 minute fast pace*

*2 minutes moderate pace*

## Level 2: High Intensity Cardio

### Workout #4

- A) 36 minutes of interval cardio
- B) 3 resistance circuits consisting of 3 exercises each

#### **Cardio: 9 minutes of intervals**

**Intervals (3 rounds = 9 min)**

*1 minute fast pace*

*2 minutes moderate pace*

*Followed immediately by*

**Circuit:** 1) BB (barbell) push press: 10 reps  
2) Plyometric pushups: max reps  
3) BB cleans: 10 reps

} Perform 4 cycles of this circuit without rest

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB (barbell) push press: 12 reps  
2) Plyometric pushups: max reps  
3) BB cleans: 12 reps

} Perform 4 cycles of this circuit without rest

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB (barbell) push press: 15 reps  
2) Plyometric pushups: max reps  
3) BB cleans: 15 reps

} Perform 4 cycles of this circuit without rest

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

## Level 2: High Intensity Cardio

### Workout #5

- A) 36 minutes of interval cardio
- B) 3 resistance circuits consisting of 3 exercises each

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB 1-Arm Row: 8 reps each  
2) BB clean & press: 8 reps  
3) BB curls: max reps

**Intervals (3 rounds = 9 min)**

*1 minute fast pace*

*2 minutes moderate pace*

} **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB 1-Arm Row: 10 reps each  
2) BB clean & press: 10 reps  
3) BB curls: max reps

} **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB 1-Arm Row: 12 reps each  
2) BB clean & press: 12 reps  
3) BB curls: max reps

} **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

## Level 2: High Intensity Cardio

### Workout #6

A) 36 minutes of interval cardio

B) 3 resistance circuits consisting of 3 exercises each

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB squat press: 10 reps  
2) BB high pulls: 10 reps  
3) BB 1-Arm Row: 15 reps each

**Intervals (3 rounds = 9 min)**

*1 minute fast pace*

*2 minutes moderate pace*

Perform 4 cycles of this circuit without rest

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB squat press: 12 reps  
2) BB high pulls: 12 reps  
3) BB 1-Arm Row: 15 reps each

Perform 4 cycles of this circuit without rest

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB squat press: 15 reps  
2) BB high pulls: 15 reps  
3) BB 1-Arm Row: 15 reps each

Perform 4 cycles of this circuit without rest

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

## Level 2: High Intensity Cardio

### Workout #7

A) 36 minutes of interval cardio

B) 3 resistance circuits consisting of 3 exercises each

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Pushups: 8 reps  
2) Mountain climbers: 80  
3) Bicycles: 80 reps

**Intervals (3 rounds = 9 min)**

*1 minute fast pace*

*2 minutes moderate pace*

} **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Pushups: 10 reps  
2) Mountain climbers: 100 reps  
3) Bicycles: 100 reps

} **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Pushups: 12 reps  
2) Mountain climbers: 120 reps  
3) Bicycles: 120 reps

} **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

## Level 2: High Intensity Cardio

### Workout #8

A) 36 minutes of interval cardio

B) 3 resistance circuits consisting of 3 exercises each

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Jump squats: 10 reps  
2) Duck squats: 10 reps  
3) Db squat press: 10 reps

**Intervals (3 rounds = 9 min)**

*1 minute fast pace*

*2 minutes moderate pace*

} **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Jump squats: 15 reps  
2) Duck squats: 15 reps  
3) Db squat press: 15 reps

} **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Jump squats: 20 reps  
2) Duck squats: 20 reps  
3) Db squat press: 20 reps

} **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

## Level 2: High Intensity Cardio

### Workout #9

A) 36 minutes of interval cardio

B) 3 resistance circuits consisting of 3 exercises each

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) 1 arm press 10 reps  
2) 1 arm row 10 reps  
3) Db pushup w/row 14 reps total

**Intervals (3 rounds = 9 min)**

*1 minute fast pace*

*2 minutes moderate pace*

} **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) 1 arm press 12 reps  
2) 1 arm row 10 reps  
3) Db pushup w/row 14 reps total

} **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) 1 arm press 15 reps  
2) 1 arm row 10 reps  
3) Db pushup w/row 14 reps total

} **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

## Level 2: High Intensity Cardio

### Workout #10

A) 36 minutes of interval cardio

B) 3 resistance circuits consisting of 3 exercises each

#### Cardio: 9 minutes of intervals

*Followed immediately by*

**Circuit:** 1) Db Suicides 8 reps  
2) Box Jumps 16 reps  
3) Db Squat press 24 reps

**Intervals (3 rounds = 9 min)**

*1 minute fast pace*

*2 minutes moderate pace*

} Perform 4 cycles of this circuit without rest

*Followed immediately by*

#### Cardio: 9 minutes of intervals

*Followed immediately by*

**Circuit:** 1) Db Suicides 8 reps  
2) Box Jumps 16 reps  
3) Db Squat press 24 reps

} Perform 4 cycles of this circuit without rest

*Followed immediately by*

#### Cardio: 9 minutes of intervals

*Followed immediately by*

**Circuit:** 1) Db Suicides 8 reps  
2) Box Jumps 16 reps  
3) Db Squat Press 24 reps

} Perform 4 cycles of this circuit without rest

*Followed immediately by*

#### Cardio: 9 minutes of intervals

## Level 2: High Intensity Cardio

### Workout #11

A) 36 minutes of interval cardio

B) 3 resistance circuits consisting of 3 exercises each

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Db Pushup w/row 14 reps total  
2) Mountain climbers 100 reps  
3) Db Squat curl 15 reps

**Intervals (3 rounds = 9 min)**

*1 minute fast pace*

*2 minutes moderate pace*

**Perform 4 cycles of this circuit without rest**

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Db Pushup w/row 14 reps total  
2) Mountain climbers 100 reps  
3) Db Squat curl 15 reps

**Perform 4 cycles of this circuit without rest**

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Db Pushup w/row 14 reps total  
2) Mountain climbers 100 reps  
3) Db Squat curl 15 reps

**Perform 4 cycles of this circuit without rest**

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

## Level 2: High Intensity Cardio

### Workout #12

A) 36 minutes of interval cardio

B) 3 resistance circuits consisting of 3 exercises each

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Air Squats 30 reps  
2) Mountain Climbers 130 reps  
3) Plyo pushups max reps

**Intervals (3 rounds = 9 min)**

*1 minute fast pace*

*2 minutes moderate pace*

} **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Air Squats 40 reps  
2) Mountain Climbers 140 reps  
3) Plyo pushups max reps

} **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Air Squats 50 reps  
2) Mountain Climbers 150 reps  
3) Plyo pushups max reps

} **Perform 4 cycles of this circuit without rest**

*Followed immediately by*

#### **Cardio: 9 minutes of intervals**

## Level 2 Intervals

### *Alternative Interval Only Training*

49 minutes each session

A) **15 cycles:** each cycle is 3 minutes in length = 45 min.

- 1 minute hard (fast pace)
  - 2 minutes at moderate pace
- } Repeat this sequence non-stop  
for the entire 45 minutes

B) *plus* 2 minute warm up and a 2 minute cool down = 49 minutes total

Any piece of cardio equipment/exercise that gets your heart rate up can be used for interval training **BUT** there are not very many. The best cardio exercises are:

- 1) Running
- 2) Spinning
- 3) Stairmill/Stepmill
- 4) Elliptical

- *the elliptical machine in my opinion is not as effective as the first three but it does have advantages that I think are important:*

- a. Available in most gyms
- b. Easy on the joints (for those who are overweight or have sore joints)
- c. Good for conditioning the body for more strenuous forms of cardio such as running
- d. Great for beginners

#### Example of a 3 minute interval cycle:

**Step 1 - run (spin bike, Stairmill etc) for 1 minute at a fast pace**

**Step 2 - run (spin bike, Stairmill etc) for 2 minutes at a moderate pace**

**Repeat for the required number of intervals (15) non-stop for the entire 45 minutes**

During step 1: you should be working very hard (about 90% of your max) for 1 minute

During step 2: you should go at a moderate pace (about 60% of max) *enough to let your heart rate drop but not too slow to the point of resting.*

# V.

## Level 3

### Workouts



# Level 3: High Intensity Cardio

## Workout #1

A) 42 minutes of interval cardio

B) 6 resistance circuits consisting of 3 exercises each

**Intervals: 6 minutes (2 rounds)**

*1 minute fast pace (90% max)*

*2 minutes moderate pace (60% max)*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB cleans: **15 reps**  
2) BB squat press: **20 reps**  
3) Jump squats: **20 reps** } **Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB cleans: **15 reps**  
2) BB squat press: **20 reps**  
3) Jump squats: **20 reps** } **Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) 1 arm Db snatches: **15 reps each arm**  
2) Db pushups w/row: **14 (7 each arm)**  
3) BB curls: **max reps** } **Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) 1 arm Db snatches: **15 reps each arm**  
2) Db pushups w/row: **14 (7 each arm)**  
3) BB curls: **max reps** } **Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Suicides: **10 reps**  
2) Pushups: **max reps**  
3) Mountain climbers: **150** } **Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Suicides: **10 reps**  
2) Pushups: **max reps**  
3) Mountain climbers: **150** } **Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

# Level 3: High Intensity Cardio

## Workout #2

A) 42 minutes of interval cardio

B) 6 resistance circuits consisting of 3 exercises each

**Intervals: 6 minutes (2 rounds)**

*1 minute fast pace (90% max)*

*2 minutes moderate pace (60% max)*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB suicides: **10 reps**  
2) BB clean and jerk: **12 reps**  
3) BB curl: **max reps**

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB suicides: **10 reps**  
2) BB clean and jerk: **12 reps**  
3) BB curl: **max reps**

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Box jumps: **20 reps**  
2) Db Split jerk: **24 (12 each leg)**  
3) Spider Pushups: **max reps**

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Box jumps: **20 reps**  
2) Db Split jerk: **24 (12 each leg)**  
3) Spider Pushups: **max reps**

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Jump squats: **15 reps**  
2) Db squat: **15 reps**  
3) Jump lunges: **30 (15 reps each leg)**

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Jump squats: **15 reps**  
2) Db squat: **15 reps**  
3) Jump lunges: **30 (15 reps each leg)**

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

# Level 3: High Intensity Cardio

## Workout #3

A) 42 minutes of interval cardio

B) 6 resistance circuits consisting of 3 exercises each

**Intervals: 6 minutes (2 rounds)**

*1 minute fast pace (90% max)*

*2 minutes moderate pace (60%max)*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Box Jumps: **20 reps**

2) Db push press: **15 reps**

3) Db Pushup w/rotation: **16 reps (8 each arm)**

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Box Jumps: **20 reps**

2) Db push press: **15 reps**

3) Db Pushup w/rotation: **16 reps (8 each arm)**

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Step ups: **20 reps each leg**

2) Db squat curl: **15 reps**

3) Db floor row: **16 reps (8 reps each arm)**

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Step ups: **20 reps each leg**

2) Db squat curl: **15 reps**

3) Db floor row: **16 reps (8 reps each arm)**

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Db swings: **20 reps**

2) Db suicides: **12 reps**

3) Plyometric pushups: **max reps**

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Db swings: **20 reps**

2) Db suicides: **12 reps**

3) Plyometric pushups: **max reps**

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

# Level 3: High Intensity Cardio

## Workout #4

A) 42 minutes of interval cardio

B) 6 resistance circuits consisting of 3 exercises each

**Cardio: 6 minutes of intervals**

*Followed immediately by*

- Circuit:** 1) Pushups: 12 reps  
2) Jump squats: 20 reps  
3) Mountain climbers: 150 reps

**Intervals: 6 minutes (2 rounds)**  
*1 minute fast pace (90% max)*  
*2 minutes moderate pace (60% max)*

**Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

- Circuit:** 1) Pushups: 12 reps  
2) Jump squats: 20 reps  
3) Mountain climbers: 150 reps

**Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

- Circuit:** 1) Frog jumps: 20 reps  
2) Db squat curls: 15 reps  
3) Abs: 30-30-60

**Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

- Circuit:** 1) Frog jumps: 20 reps  
2) Db squat curls: 15 reps  
3) Abs: 30-30-60

**Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

- Circuit:** 1) DB squat press: 20 reps  
2) Db swing: 20 reps  
3) Db pushup w/rotation: 16 reps (8 each arm)

**Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

- Circuit:** 1) DB squat press: 20 reps  
2) Db swing: 20 reps  
3) Db pushup w/rotation: 16 reps (8 each arm)

**Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

# Level 3: High Intensity Cardio

## Workout #5

A) 42 minutes of interval cardio

B) 6 resistance circuits consisting of 3 exercises each

**Intervals: 6 minutes (2 rounds)**

*1 minute fast pace (90% max)*

*2 minutes moderate pace (60% max)*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Suicides: 10 reps  
2) Duck squats: 20 reps  
3) Db squat press: 20 reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Suicides: 10 reps  
2) Duck squats: 20 reps  
3) Db squat press: 20 reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Step up w/press : 10 reps each leg  
2) Jump lunges: 20 reps (10 each leg)  
3) Db swings: 20 reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Step up w/press : 10 reps each leg  
2) Jump lunges: 20 reps (10 each leg)  
3) Db swings: 20 reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Suicides: 10 reps  
2) Frog jumps: 15 reps  
3) Db snatch: 15 reps each arm

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Suicides: 10 reps  
2) Frog jumps: 15 reps  
3) Db snatch: 15 reps each arm

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

# Level 3: High Intensity Cardio

## Workout #6

- A) 42 minutes of interval cardio
- B) 6 resistance circuits consisting of 3 exercises each

**Cardio: 6 minutes of intervals**

*Followed immediately by*

- Circuit:** 1) Box jumps: 20 reps  
2) Duck squats: 20 reps  
3) Mountain climbers: 100 reps

**Intervals: 6 minutes (2 rounds)**

*1 minute fast pace (90% max)*

*2 minutes moderate pace (60% max)*

**Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

- Circuit:** 1) Box jumps: 20 reps  
2) Duck squats: 20 reps  
3) Mountain climbers: 100 reps

**Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

- Circuit:** 1) Frog jumps : 20 reps  
2) Db Suicides: 15 reps  
3) Mountain climbers: 100 reps

**Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

- Circuit:** 1) Frog jumps: 20 reps  
2) Db Suicides: 15 reps  
3) Mountain climbers: 100 reps

**Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

- Circuit:** 1) Split squats: 15 reps each leg  
2) Db squat: 20 reps  
3) Mountain climbers: 100 reps

**Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

- Circuit:** 1) Split squats: 15 reps each leg  
2) Db squat: 20 reps  
3) Mountain climbers: 100 reps

**Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

# Level 3: High Intensity Cardio

## Workout #7

A) 42 minutes of interval cardio

B) 6 resistance circuits consisting of 3 exercises each

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB squat press: 12 reps  
2) BB suicides: 12 reps  
3) BB cleans: 12 reps

**Intervals: 6 minutes (2 rounds)**

*1 minute fast pace (90% max)*

*2 minutes moderate pace (60% max)*

**Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB squat press: 12 reps  
2) BB suicides: 12 reps  
3) BB cleans: 12 reps

**Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Pullups: max reps  
2) Db pushup w/rotation: 16 reps (8 reps each arm)  
3) Db snatches: 15 reps each arm

**Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Pullups: max reps  
2) Db pushup w/rotation: 16 reps (8 reps each arm)  
3) Db snatches: 15 reps each arm

**Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Db squats: 20 reps  
2) BB bicep curls: max reps  
3) BB Cpr's: 15 reps

**Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Db squats: 20 reps  
2) BB bicep curl: max reps  
3) BB Cpr's: 15 reps

**Perform 3 cycles of this circuit without rest**

*Followed immediately by*

**Cardio: 6 minutes of intervals**

# Level 3: High Intensity Cardio

## Workout #8

A) 42 minutes of interval cardio

B) 6 resistance circuits consisting of 3 exercises each

**Intervals: 6 minutes (2 rounds)**

*1 minute fast pace (90% max)*

*2 minutes moderate pace (60% max)*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB Cpr's: 12 reps  
2) Suicides: 12 reps  
3) BB squat press: 12 reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB Cpr's: 12 reps  
2) Suicides: 12 reps  
3) BB squat press: 12 reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Squat rows: 20 reps  
2) Step ups: 15 reps each leg  
3) Pushups: max reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Squat rows: 20 reps  
2) Step ups: 15 reps each leg  
3) Pushups: max reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Db squats: 20 reps  
2) BB bicep curls: max reps  
3) BB clean and press: 15 reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Db squats: 20 reps  
2) BB bicep curl: max reps  
3) BB clean and press: 15 reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

# Level 3: High Intensity Cardio

## Workout #9

A) 42 minutes of interval cardio

B) 6 resistance circuits consisting of 3 exercises each

**Intervals: 6 minutes (2 rounds)**

*1 minute fast pace (90% max)*

*2 minutes moderate pace (60% max)*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Pullups: max reps  
2) BB Suicides: 15 reps  
3) BB Squat Press: 15 reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Pullups: max reps  
2) BB Suicides: 15 reps  
3) BB Cleans: 15 reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Pullups: max reps  
2) BB Suicides: 15 reps  
3) BB Cleans: 15 reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Step up w/press: 15 reps each leg  
2) Drop Squats: 20 reps  
3) Db pushup w/rotation: 8 reps each arm

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Step up w/press: 15 reps each leg  
2) Drop Squats: 20 reps  
3) Db pushup w/rotation: 8 reps each arm

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Step up w/press: 15 reps each leg  
2) Drop Squats: 20 reps  
3) Db pushup w/rotation: 8 reps each arm

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

# Level 3: High Intensity Cardio

## Workout #10

A) 42 minutes of interval cardio

B) 6 resistance circuits consisting of 3 exercises each

**Intervals: 6 minutes (2 rounds)**

*1 minute fast pace (90% max)*

*2 minutes moderate pace (60% max)*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Jump Lunges: 15 reps each leg

2) Db Pushup w/rotation: 8 reps each arm

3) BB Suicides: 12 reps

} Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Jump Lunges: 15 reps each leg

2) Db Pushup w/rotation: 8 reps each arm

3) BB Suicides: 12 reps

} Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Jump Lunges: 15 reps each leg

2) Db Pushup w/rotation: 8 reps each arm

3) BB Suicides: 12 reps

} Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Step up w/press: 15 reps each leg

2) BB Squat Press: 15 reps

3) BB Cleans: 15 reps

} Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Step up w/press: 15 reps each leg

2) BB Squat Press: 15 reps

3) BB Cleans: 15 reps

} Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Step up w/press: 15 reps each leg

2) BB Squat Press: 15 reps

3) BB Cleans: 15 reps

} Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

# Level 3: High Intensity Cardio

## Workout #11

A) 42 minutes of interval cardio

B) 6 resistance circuits consisting of 3 exercises each

**Intervals: 6 minutes (2 rounds)**

*1 minute fast pace (90% max)*

*2 minutes moderate pace (60% max)*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Box Jumps: 20 reps  
2) BB Suicides: 15 reps  
3) Frog Jumps: 20 reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Box Jumps: 20 reps  
2) BB Suicides: 15 reps  
3) Frog Jumps: 20 reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Box Jumps: 20 reps  
2) BB Suicides: 15 reps  
3) Frog Jumps: 20 reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB Cprs: 15 reps  
2) Pullups: max reps  
3) Walking lunges: 15 reps each leg

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB Cprs: 15 reps  
2) Pullups: max reps  
3) Walking lunges: 15 reps each leg

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB Cprs: 15 reps  
2) Pullups: max reps  
3) Walking lunges: 15 reps each leg

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

# Level 3: High Intensity Cardio

## Workout #12

A) 42 minutes of interval cardio

B) 6 resistance circuits consisting of 3 exercises each

**Intervals: 6 minutes (2 rounds)**

*1 minute fast pace (90% max)*

*2 minutes moderate pace (60% max)*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB Cprs: 15 reps  
2) BB clean to a squat press: 15 reps  
3) Drop Squats: 20 reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB Cprs: 15 reps  
2) BB clean to a squat press: 15 reps  
3) Drop Squats: 20 reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) BB Cprs: 15 reps  
2) BB clean to a squat press: 15 reps  
3) Drop Squats: 20 reps

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Walking lunges: 15 reps each leg  
2) Box Jumps: 20 reps  
3) Step up w/curl 15 reps each leg

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Walking lunges: 15 reps each leg  
2) Box Jumps: 20 reps  
3) Step up w/curl 15 reps each leg

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

*Followed immediately by*

**Circuit:** 1) Walking lunges: 15 reps each leg  
2) Box Jumps: 20 reps  
3) Step up w/curl 15 reps each leg

Perform 3 cycles of this circuit without rest

*Followed immediately by*

**Cardio: 6 minutes of intervals**

## Level 3 Intervals

### *Alternative Interval Only Training*

64 minutes each session

- A) 20 **cycles**: each cycle is 3 minutes in length = 60 min.
- 1 minute hard (fast pace)
  - 2 minutes at moderate pace
- } Repeat this sequence non-stop  
} for the entire 60 minutes

B) *plus* 2 minute warm up and a 2 minute cool down = 64 minutes total

Any piece of cardio equipment/exercise that gets your heart rate up can be used for interval training **BUT** there are not very many. The best cardio exercises are:

- 1) Running
- 2) Spinning
- 3) Stairmill/Stepmill
- 4) Elliptical

- *the elliptical machine in my opinion is not as effective as the first three but it does have advantages that I think are important:*

- a. Available in most gyms
- b. Easy on the joints (for those who are overweight or have sore joints)
- c. Good for conditioning the body for more strenuous forms of cardio such as running
- d. great for beginners

#### Example of a 3 minute interval cycle:

Step 1 - run (*spin bike, Stairmill etc*) for 1 minute at a fast pace

Step 2 - run (*spin bike, Stairmill etc*) for 2 minutes at a moderate pace

**Repeat for the required number of intervals (20) non-stop for the entire 60 minutes**

During step 1: you should be working hard (about 90% of your max) for 1 minute

During step 2: you should go at a moderate pace (*about 60% of max*) **enough to let your heart rate drop but not too slow to the point of resting.**