CARDIO

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LET'S HIIT IT

Your goal on this 12 week program is to build as much lean mass as possible while minimizing the accumulation of body fat. You will be following a clean nutritional program that will help you to build quality muscle. The cardio program detailed in this chapter will ensure that you keep that muscle fat free.

The best fat burning cardio workout ever developed is High Intensity Interval Training (HIIT). HIIT also just happens to fit in well when you’re on a mass building program. Here’s why . . .

It is a very short workout so it won’t rob energy away from your main focus and helps with sustainability
It burns fat around the clock, which helps give you that vascular ripped look
It is anaerobic

During the 12 weeks of your Clean Bulk program you will perform HIIT training on the weekends. That means that on either or both Saturday and/or Sunday, you’ll be doing no weight training, only cardio but still sticking to your meals.

THE HIIT WORKOUT:

In this workout you will be performing all out burst sessions followed by rest intervals. You need to choose between one of the following to perform your bursts:

- Cycle
- Row Machine
- Treadmill
- Running on a field
- Stairs

If you decide to do your sprint work by running on a field, you should choose a location that allows at least 100 yards for you to run in a line.

You will need a timer for this workout. Your phone will do nicely. Set it to beep at 20 second, then 10-second intervals.
Warm Up

Your warm-up simply involves 5 minutes of slow movement on your chosen exercise type. Your goal here is to get the muscles ready for the challenging work to come so you should perform some exaggerated movements to really feel the muscles getting involved.

The Workout

As soon as five minutes is up on your warm up, it is time to get to work. If you are using a treadmill, dial the speed up to between 8-12 miles per hour or your PR mile time, depending on your current fitness level.

Your job now is to begin sprinting as fast and as hard as you possibly can for the amount of time you have to go. If you are running, imagine that you are being chased by a hungry dog! On the cycle, pump your legs like there’s no tomorrow. And, if you are rowing, imagine that you’re closing in on the Olympic Games finish line.

Continue this all-out session for 20 seconds. Then stop. You’ve got 10 seconds before you do it all again. Take in deep breaths (through your nose, out your mouth) and get psyched for the work ahead . . .

Now go!

Sprint as hard as you did the first time. Try not to let the intensity level drop. Keep pushing harder, harder, harder . . . at 20 seconds stop and breathe again.

You will repeat this cycle until you have completed 8 twenty-second sprints with 10-second rest intervals between them. This will take you just 4 minutes – but the efficiency of the workout is immeasurable!

Cool Down

Finish your workout with a 5-minute cool down. Repeat the same process as for your warm up, maintaining a slow, steady pace to allow your body to return to a non-exercise state.