



# Cardio Lesson Cheat Sheet

## Cardio Methods

▲ HITT

▲ MISS

▲ LISS

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## HITT Cardio

### Beginner Protocol for HIIT Cardio:

- 5 min warm up
- 5 intervals of 10 second sprints
- Active rest, anywhere from 2-4 minutes in-between intervals
- 5 min cool down

Example: Using the stationary bike, 5 min warm up on level 3, followed by 10 seconds of very intense/all out cycling/as fast as you can, then active rest will consist of a 2-4 minute slow pedal, repeat intense cycle 4 more times, followed by active rest, then a 5 min cool down.





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## MISS Cardio

### Beginner Protocol for MISS Cardio:

- Choose cardio modality (walk, bike, treadmill, elliptical)
- 20 min with a speed or intensity of level 5-7 and Incline level at 4-5



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## LISS Cardio

### Beginner Protocol for LISS Cardio:

- Choose cardio modality (walk, bike, treadmill, elliptical)
- 20 min with a speed or intensity of level 3-5

