



## CARDIO PROTOCOL

Note: Use these baseline workouts as a starting point. Once proficient, increase the volume, intensity, or caloric goal.

### HIGH INTENSITY INTERVAL TRAINING (HIIT)

HIIT is prescribed for a client that is already active in high intensity or explosive activities (crossfitters, sports that require explosive response like soccer, or football).

3 minute warm up + 10 rounds (20 seconds sprint and 40 seconds rest) + 3 minute cool down.

Can also be performed with:

20 seconds Jump Rope and 40 seconds rest

20 seconds Burpees and 40 seconds rest

20 seconds Bike Sprint and 40 seconds rest

20 second Row Sprint and 40 seconds rest

### MODERATE INTENSITY STEADY STATE (MISS)

MISS/LISS This is ideal for older, more sedentary/overweight individuals, or people that are injured that need to still have some outlet to burn calories. It also provides a lower impact option for those that weight train 5-7 days a week.

This can be for time or for calories.

1 MISS session of 150 calories on the elliptical or 15 minutes on the elliptical.

Can also be performed with:

150 calories on the Treadmill

150 calories of an Outside Walk

150 calories on the Bike/Rower/Swim

# CARDIO PROTOCOL – pg 2

## LOW INTENSITY STEADY STATE (LISS)

This is generally for 30-45 minutes and should not be taxing on the body. Walking, Biking, Elliptical.

## EQUIPMENT OVERVIEW

### Treadmill

- Pace is regulated by the machine
- This is helpful to ensure a diligent pace is kept but can be a safety concern for untrained clients
- Mostly beneficial for MISS/LISS. HIIT sessions should be done with caution if the client doesn't have previous experience doing so.
- Possibility to be hard on joints, dependent on intensity
- Incline and speed can be adjusted to training ability, time for completion, and cardio style

### Elliptical/Arc Trainer

- Low impact on joints
- Pace is self regulated
- Less taxing on muscles than alternatives
- Can be used for HIIT or MISS
- Incline and resistance are adjustable to training ability
- Ideal cardio equipment for untrained clients

### Stairmaster

- Provides efficient caloric expenditure for MISS
- Pace is regulated by the machine
- This is helpful to ensure a diligent pace is kept but can be a safety concern for untrained clients
- Not suitable for HIIT
- Not low impact, may impede other programming dependent on client's ability to recover

### Stationary Bike

- Low impact
- Best suited for MISS/LISS
- Less efficient for calorie burning but offers a comfortable method for cardio
- Ideal for untrained clients
- Resistance can be adjusted based on training abilities

## Airdyne

- Provides efficient caloric expenditure
- Ideal for HIIT, but can be used for LISS/MISS
- Low impact on joints
- Provides sport-specific supplementation for Crossfit athletes

## Rowing Machine

- Ideal for HIIT, but can be used for LISS/MISS
- Low impact on joints
- Provides sport-specific supplementation for Crossfit athletes