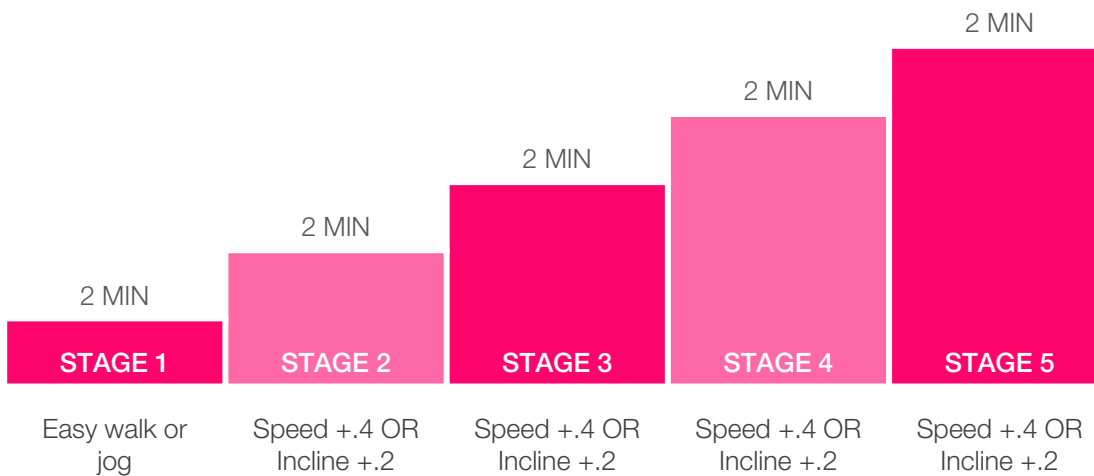


# INTRO TO CARDIO

- The goal of doing cardio workouts is to burn fat, not calories, as is often thought
- In general, you should do cardio 3-4 days a week.
  - 2-3 days of steady state cardio (Zones 1-3) per week, each session lasting 30-60 minutes.
  - 1-2 days of interval training (Zones 1 & 4) per week, each session lasting about 15-25 minutes.
  - Always do a dynamic warmup (even prior to strength training workouts).
- See the Get Started Guide for more information on doing cardio correctly.

## Sample Dynamic Warm-Up



## Sample HIIT Workout

