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# JUMP- START YOUR HEART

Your heart is talking....  
Listen up and give it the  
challenge it needs to keep  
you healthy and fit.

By John Platero, CPT, RTS

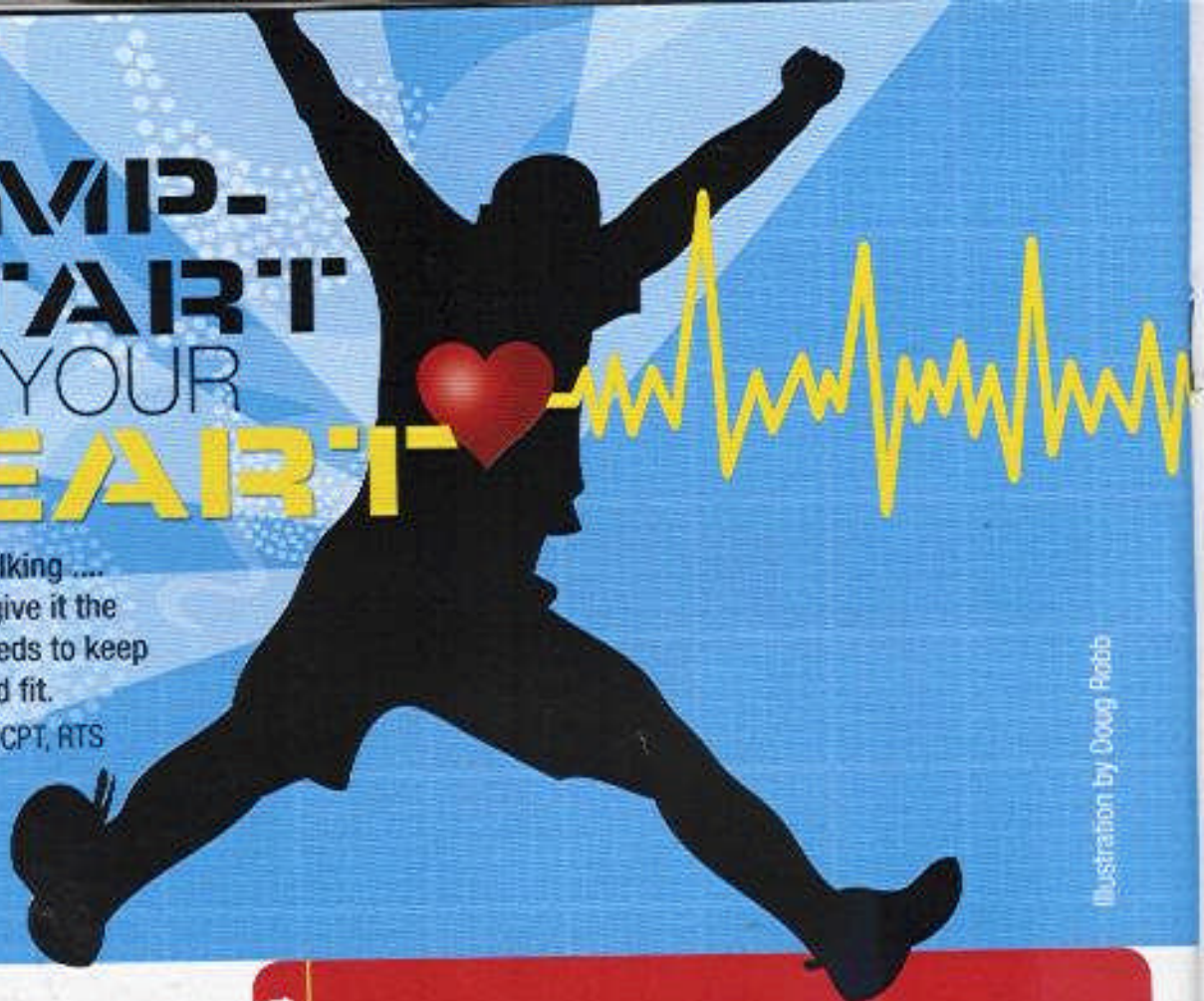


Illustration by Doug Pebb

**H**ere's a sample plan for a healthy 30-year-old male. The goal is to strengthen his cardiovascular system. We'll start low with moderate intensity for four weeks.

The focus is longer time and more days a week. The second four weeks we add intensity, but lower the amount of time per exercise stint. The goal here is to increase the interval time so your body gets used to the higher intensity.

The last four weeks you can go for it. Increase the intensity, which makes the intervals shorter. At the end of the 12 weeks, you'll be able to burn fat at a higher heart rate which keeps you leaner.

## WEEK 1-4

Perform cardio three to five days a week, 20 to 60 minutes at a heart rate lower than 155 beats per minute (bpm). Start at 20 minutes and by week four you should be at 60 minutes.

## WEEK 5-8

Perform cardio three to five a days a week for 20 to 30 minutes. Every other workout, perform three to five intervals of one or two minutes above 155 bpm. Each interval should be at a higher heart rate than the previous interval, so start conservatively. Always warm up for five minutes, then start your intervals. Rest the same amount of time between each interval for a 1-to-1 ratio. For example, if you perform an interval for two minutes then rest or back off the intensity for two minutes before you start the next interval.

## WEEK 9-12

Perform cardio three to five days a week for 30 to 45 minutes. Every other workout, perform five intervals of 30 seconds to three minutes each, above 170 bpm. Each interval should be at a higher heart rate or intensity than the previous interval. Rest the same 1-to-1 ratio between each interval.

Now, repeat the 12 weeks with the new anaerobic threshold as the number to train your heart. This is Heart Rate Training.