

WARM UP: 3 MINUTES

3 minutes in total. your first minute will be done at a very slow pace. When you hit minute 2, pick up your pace a bit. For minute 3 you will begin to work at a pace where your breathing will still be a bit more labored.

WORKING PHASE: 24 MINUTES

Congratulations! You are now entering the advanced phase of your cardio training. Not everyone progresses this far. Your working phase will still be 30 seconds, but now your active recovery phase will be 30 seconds. The pace for your recovery will remain the same as it was in your beginners phase but the intensity of your active phase will increase.

INTENSITY:

For your 30 second recovery phase you should match the intensity from the active recovery of your beginner and intermediate workouts. For the working phase, it is time to really challenge yourself. You have worked through the beginner and intermediate phase. That means you have significantly improved your cardiovascular conditioning. Now is the time to prove it. Your 30 second working phase should now be considered your sprint. You are going all out as hard as you can for the 30 seconds. Now you will not go so hard that you cannot complete 30 seconds but you should be going hard enough so that you are thankful it is over. Because this is a 1 to 1 work to recovery ratio, your working phase will be maximized.

COOL DOWN: 3 MINUTES

This will be a reverse of your warm up. The first minute of your cool down should match the pace of the final minute of your warm. Your final minute of the cool down should match the pace of the first minute of your warm up.

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WHY THIS WORKS SO WELL:

This type of cardiovascular training is far superior to the type of training done by many gym members because it is easy to follow, more fun, and takes up much less time!

It is also easy to make changes to keep progressing at your own pace once you learn the basic concepts.

ADVANCED LEVEL:

Consistently working out. Able to push your body further.

WHAT TO EXPECT:

Reaching the advanced level of this training means continuing to push yourself and your efforts during the sprints – but also monitoring your recovery periods. A good check-in is if you feel recovered in less than 30 seconds, you did not work hard enough during the sprint and you will not realize the full impact of the workout. The balance of 30 seconds of intensity and 30 seconds of recovery is the ideal ratio and delivers the best weight-loss and performance results.

- **Our coaches are here to help you find the correct working ratios on each cardio piece.**

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