

3 Day Heart Enhancing

That's right, 3 days of improving your heart and a stronger core. If you are progressing from the "2 day heart enhancing" welcome back. New members glad you're here and ready to work. This workout plan is geared towards those of all levels looking to implement cardio and core/abdominal work into their regiment. You can use this for 3 - 4 weeks and slowly increase the days of cardio and abdominal development. You can also keep this plan as a part of your regular routine throughout all workouts and training programs. After finishing your pre-cardio to warm up make sure to [stretch](#) before beginning to train your core. As you finish training your core, move straight into your abdominal training and attack your cardio for the day.

If needed, before attempting any exercise [click here](#) to view all exercises. By clicking the selected exercise will present an example video for proper form and tips. If you are not able to view, check with a trainer at your facility for form and safety. Below your training program are quick guides of the **nutritional experience, nutritional tips and supplement advice** used toward this routine. Review your workout outline and LET'S DO THIS!!!

Workout Outline	
Weeks	3 - 4
Days	3 Days Per Week
Workouts	3
Equipment	Cardio Equipment Track
Core Exercises	2 Exercises
Cardio Core	2 - 3 Exercises Per Workout
Abdominal Exercises	3 Exercises Per Workout
Recovery	24 - 48 Hours
Level of Intensity	1 - 6
Improvements	Cardiorespiratory Endurance Physique Development

Pre - Cardio	
Equipment	Time
Treadmill	5 - 10 minutes

Cardio Core			
Exercises	Sets	Time	Rest
Plank Spider-Man	3 - 4	30 - 45 seconds	30 - 45 seconds
Mountain Climbers	3 - 4	30 - 45 seconds	30 - 45 seconds
Plank jacks	3 - 4	30 - 45 seconds	30 - 45 seconds

Abdominal			
Exercises	Sets	Repetitions	Rest
Diamond Sit-Ups	3 - 4	20 - 25	30 - 45 seconds
Alternating Crossover Crunch	3 - 4	20 - 25	30 - 45 seconds

20 Minute Cardio		
Equipment	Steady State	Resistance
Stationary Bike	4 minutes	4 minutes
	3 minutes	3 minutes
	2 minutes	2 minutes
	1 minutes	1 minutes

Pre - Cardio

Equipment	Time
Treadmill	5 - 10 minutes

Core

Exercises	Sets	Time	Rest
Stability Ball Circles(each side)	3 - 4	30 - 45 seconds	30 - 45 seconds
Stability Ball Front Planks	3 - 4	30 - 45 seconds	30 - 45 seconds

10 Minute Cardio

Equipment	Steady State	Interval
Treadmill or Stair Mill	1 minute	
	50 seconds	10 seconds
	50 seconds	10 seconds
	15 seconds	45 seconds
	1 minute	1 minute
	30 seconds	30 seconds
	45 seconds	15 seconds
	10 seconds	50 seconds
	1 minute	

Pre - Cardio

Equipment	Time
Bike	5 - 10 minutes

Cardio Core

Exercises	Sets	Time	Rest
Flutter Kicks	3 - 4	30 - 45 seconds	30 - 45 seconds
Plank Climbers	3 - 4	30 - 45 seconds	30 - 45 seconds

Abdominal

Exercises	Sets	Repetitions	Rest
Crunches	3 - 4	20 - 25	30 - 45 seconds
Crossover Crunches	3 - 4	20 - 25	30 - 45 seconds
Back Extensions	3 - 4	20 - 25	30 - 45 seconds

20 Minute Cardio

Equipment	Steady State	Resistance
AMT or Elliptical	4 minutes	4 minutes
	3 minutes	3 minutes
	2 minutes	2 minutes
	1 minutes	1 minutes

Nutritional Experience

While training for strength your nutritional plan will have a major role for recovery, development and performance.

- Explore Plans
- Standard 2,000 Calorie Plan(recommend)
 - Plan 1
 - Plan 2
 - Plan 3

Nutritional Tips

It is very common as you train to forget the essentials of keeping the body fully functional.

- Explore Tips
- Healthy foods may be junk
- Nutritional Timing
 - Reducing Body Fat(Lose Weight)???
 - Gaining Muscle Mass???