

2 Day Heart Enhancing

2 days of improving your heart and a strong core. This workout plan is geared towards those of all fitness levels looking to implement cardio and core/abdominal training 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 workout plans and training programs. It will be mentioned on all routines, once you have finished your pre-cardio to warm up make sure you **stretch** before beginning to train your core/abdominal. After training your core, move straight into your abdominal work 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.

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

Pre - Cardio

Equipment	Time
Bike	5 - 10 minutes

Core

Exercises	Sets	Time	Rest
Side Plank	2 - 3	30 - 45 seconds	30 - 45 seconds
Front Plank	2 - 3	30 - 45 seconds	30 - 45 seconds
Side Plank	2 - 3	30 - 45 seconds	30 - 45 seconds

Abdominal

Exercises	Sets	Repetitions	Rest
Crunches	2 - 3	20 - 25	30 - 45 seconds
Alternating Toe Touching Leg Raises	2 - 3	20 - 25	30 - 45 seconds

15 Minute Cardio

Equipment	Steady State	Interval
Treadmill or Stair Mill	5 minutes	
	30 seconds	30 seconds
	45 seconds	15 seconds
	50 seconds	10 seconds
	15 seconds	45 seconds
	30 seconds	30 seconds
	5 minutes	

Pre - Cardio

Equipment	Time
Treadmill	5 - 10 minutes

Cardio Core

Exercises	Sets	Time	Rest
Flutter Kicks	2 - 3	30 - 45 seconds	30 - 45 seconds
Plank Climbers	2 - 3	30 - 45 seconds	30 - 45 seconds

Abdominal

Exercises	Sets	Repetitions	Rest
Crunches	2 - 3	20 - 25	30 - 45 seconds
Crossover Crunches	2 - 3	20 - 25	30 - 45 seconds
Back Extensions	2 - 3	20 - 25	30 - 45 seconds

15 Minute Cardio

Equipment	Steady State	Interval
Bike or Rowing	2 minute	30 seconds
	1:30 minute	30 seconds
	1 minute	30 seconds
	45 seconds	30 seconds
	30 seconds	30 seconds
	45 seconds	30 seconds
	1 minute	30 seconds
	1:30 minute	30 seconds
	2 minute	30 seconds

Nutritional Experience

While training 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
- All Greens Matter
- Hidden Sugars
- Nutritional Timing
 - Reducing Body Fat(Lose Weight)???
 - Gaining Muscle Mass???