

## 4 Day Heart Enhancing

PROGRESSION PROGRESSION PROGRESSION, 4 days of improving your heart and a stronger core. If you are progressing from the previous heart enhancing lets keep the same work and ease more into existence. This applies to new members as well, if you are reading this says you were ready before you even saw this. This workout plan is geared towards those at 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 workouts and training programs. Once you finish your pre-cardio to warm up make sure to **stretch** before beginning to train your core. After you have finished training your core, move straight into 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 towards this routine.

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

| <b>Pre - Cardio</b> |                |
|---------------------|----------------|
| <b>Equipment</b>    | <b>Time</b>    |
| Bike                | 5 - 10 minutes |

| <b>Core</b>           |             |                       |                 |
|-----------------------|-------------|-----------------------|-----------------|
| <b>Exercises</b>      | <b>Sets</b> | <b>Time</b>           | <b>Rest</b>     |
| Side Plank(each side) | 3 - 4       | 45 seconds - 1 minute | 30 - 45 seconds |
| Front Plank           | 3 - 4       | 45 seconds - 1 minute | 30 - 45 seconds |

| <b>Abdominal</b>       |             |                    |                 |
|------------------------|-------------|--------------------|-----------------|
| <b>Exercises</b>       | <b>Sets</b> | <b>Repetitions</b> | <b>Rest</b>     |
| Leg raises             | 3 - 4       | 20 - 25            | 30 - 45 seconds |
| 90 Degree Toe Taps     | 3 - 4       | 20 - 25            | 30 - 45 seconds |
| Side to Side Heel Taps | 3 - 4       | 20 - 25            | 30 - 45 seconds |

| <b>15 Minute Cardio</b> |                     |                 |
|-------------------------|---------------------|-----------------|
| <b>Equipment</b>        | <b>Steady State</b> | <b>Interval</b> |
| 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           |                 |

| <b>Pre - Cardio</b> |                |
|---------------------|----------------|
| <b>Equipment</b>    | <b>Time</b>    |
| Treadmill           | 5 - 10 minutes |

| <b>Cardio Core</b> |             |                       |                 |
|--------------------|-------------|-----------------------|-----------------|
| <b>Exercises</b>   | <b>Sets</b> | <b>Time</b>           | <b>Rest</b>     |
| Plank Spider-Man   | 3 - 4       | 45 seconds - 1 minute | 30 - 45 seconds |
| Mountain Climbers  | 3 - 4       | 45 seconds - 1 minute | 30 - 45 seconds |
| Plank jacks        | 3 - 4       | 45 seconds - 1 minute | 30 - 45 seconds |

| <b>Abdominal</b>             |             |                    |                 |
|------------------------------|-------------|--------------------|-----------------|
| <b>Exercises</b>             | <b>Sets</b> | <b>Repetitions</b> | <b>Rest</b>     |
| Diamond Sit-Ups              | 3 - 4       | 20 - 25            | 30 - 45 seconds |
| Alternating Crossover Crunch | 3 - 4       | 20 - 25            | 30 - 45 seconds |

| <b>20 Minute Cardio</b> |                     |                   |
|-------------------------|---------------------|-------------------|
| <b>Equipment</b>        | <b>Steady State</b> | <b>Resistance</b> |
| Bike                    | 4 minutes           | 4 minutes         |
|                         | 3 minutes           | 3 minutes         |
|                         | 2 minutes           | 2 minutes         |
|                         | 1 minutes           | 1 minutes         |

| <b>Pre - Cardio</b> |                |
|---------------------|----------------|
| <b>Equipment</b>    | <b>Time</b>    |
| Bike                | 5 - 10 minutes |

| <b>Cardio Core</b> |             |                       |                 |
|--------------------|-------------|-----------------------|-----------------|
| <b>Exercises</b>   | <b>Sets</b> | <b>Time</b>           | <b>Rest</b>     |
| Flutter Kicks      | 3 - 4       | 45 seconds - 1 minute | 30 - 45 seconds |
| Plank Climbers     | 3 - 4       | 45 seconds - 1 minute | 30 - 45 seconds |

| <b>Abdominal</b>   |             |                    |                 |
|--------------------|-------------|--------------------|-----------------|
| <b>Exercises</b>   | <b>Sets</b> | <b>Repetitions</b> | <b>Rest</b>     |
| 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 |

| <b>10 Minute Cardio</b> |                     |                 |
|-------------------------|---------------------|-----------------|
| <b>Equipment</b>        | <b>Steady State</b> | <b>Interval</b> |
| 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           |
| Treadmill    | 5 - 10 minutes |

| Core                  |       |                       |                 |
|-----------------------|-------|-----------------------|-----------------|
| Exercises             | Sets  | Time                  | Rest            |
| Side Plank(each side) | 3 - 4 | 45 seconds - 1 minute | 30 - 45 seconds |
| Front Plank           | 3 - 4 | 45 seconds - 1 minute | 30 - 45 seconds |

| Abdominal                           |       |             |                 |
|-------------------------------------|-------|-------------|-----------------|
| Exercises                           | Sets  | Repetitions | Rest            |
| Crunches                            | 3 - 4 | 20 - 25     | 30 - 45 seconds |
| Alternating Toe Touching Leg Raises | 3 - 4 | 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 for strength your nutritional plan will have a major role for recovery, development and performance.

- Explore Plans
- Standard 2,000 Calorie Plan(recommended)
  - 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
- Nutritional Timing
  - Reducing Body Fat(Lose Weight)???
  - Gaining Muscle Mass???

## Supplement Advice

If you are able to get most of the supplements from your foods it is highly encourage. If not, here are some recommendations.

- Protein
  - Whey Protein
  - Casein Protein
- Vitamins
  - All vitamins