

## 6 Day Heart Enhancing

At this level of consistency, it is more than enhancing your heart but training with purpose. Taking on the challenge to be here for what you are truly meant to do. You can use this for 3 - 4 weeks and slowly increase the days of cardio and abdominal development. You can also use this plan as a part of your regular routine throughout all workouts and training programs. Like the previous heart enhancing routines once you have finished your pre-cardio to warm up make sure to get a nice **stretch** before beginning to train your core. After you have finish training your core, move straight abdominal training and attack your cardio for that 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. Below your training program are quick guides of the **nutritional experience, nutritional tips and supplement advice** used towards this routine. Review your workout outline and BE GREAT.

Workout Outline	
<b>Weeks</b>	3 - 4
<b>Days</b>	6 Days Per Week
<b>Workouts</b>	6
<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 hours
<b>Level of Intensity</b>	1 - 6
<b>Improvements</b>	Cardiorespiratory Endurance Physique Development

### Pre - Cardio

Equipment	Time
Bike	5 - 10 minutes

Core			
Exercises	Sets	Time	Rest
Side Plank	3 - 4	45 seconds - 1 minute	30 - 45 seconds
Front Plank	3 - 4	45 seconds - 1 minute	30 - 45 seconds
Side Plank	3 - 4	45 seconds - 1 minute	30 - 45 seconds

Abdominal			
Exercises	Sets	Repetitions	Rest
Leg raises	3 - 4	20 - 25	30 - 45 seconds
90 Degree Toe Taps	3 - 4	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**

<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>
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Equipment	Time
Treadmill	5 - 10 minutes

Core			
Exercises	Sets	Time	Rest
Stability Ball Circles(each side)	3 - 4	45 seconds - 1 minute	30 - 45 seconds
Stability Ball Front Planks	3 - 4	45 seconds - 1 minute	30 - 45 seconds

15 Minute Cardio		
Equipment	Steady State	Interval or Resistance
AMT	Every Minute On The Minute	
	2 minutes	
	2x 15 seconds	45 seconds
	30 seconds	30 seconds
	45 seconds	15 seconds
	1 minute	
	45 seconds	15 seconds
	2x 15 seconds	45 seconds
	45 seconds	15 seconds
	30 seconds	30 seconds
	45 seconds	15 seconds
	2 minutes	

**Pre - Cardio**

Equipment	Time
Bike	5 - 10 minutes

Cardio Core			
Exercises	Sets	Time	Rest
Flutter Kicks	3 - 4	45 seconds - 1 minute	30 - 45 seconds
Plank Climbers	3 - 4	45 seconds - 1 minute	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

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
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

<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>
Alternating Ceiling Punches	3 - 4	45 seconds - 1 minute	30 - 45 seconds
Laying 6 Inch Raises Jacks	3 - 4	45 seconds - 1 minute	30 - 45 seconds

<b>20 Minute Total Cardio</b>		
<b>10 minute Flat/Hills Cardio</b>		
<b>Equipment</b>	<b>Steady State</b>	<b>Interval/Slow Push</b>
Treadmill	5 minute Flat	
2 sets	2 minute Hill	30 seconds
2 sets	3 minute Hill	30 seconds
<b>10 minute Hill/Flat</b>		
	5 minute Hill	
2 sets	2 minute Flat	30 second Push
2 sets	3 minute Flat	30 second Push

## 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
- All Green Matters
- 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