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Cardio & Abs Training - What to do on your rest days for Aggressive Fat Loss & Maximum Abs Definition

This guide covers exactly what to do on the other four days to maximize fat loss, conditioning, athleticism, abs development and mobility.

In fact, this routine will make dropping body fat and staying lean much more enjoyable. As well, you will become more athletic, your body will feel incredible as you will develop awesome mobility and become more agile.

Furthermore, the abs routines from this program will work better than anything else to develop the thickness and density of your abdominal wall while injury proofing your body. This will result in chiseled six pack abs, provided you reach a low body fat.

So in conjunction with the Aggressive Fat Loss Lifting & Nutrition plan, this routine will develop the total package of kinobody physique and athletic development.

One quick note

This guide is not 100% necessary to make great results on the Aggressive Fat Loss Program. If you stick to the lifting and nutrition, you will see really good results.

That said, this component of the program will increase fat loss, improve abs development, improve conditioning and enhance mobility, posture, flexibility and injury proof your body.

That said, if you can’t make it to the gym or you miss some of these workouts, it’s not the end of the world. It won’t kill your progress.

In fact, I originally followed the Aggressive Fat Loss Program without the cardio & abs work. That said, I added these workouts into the program to accelerate progress.

So my advice is if you want to push the rate of progress, add the cardio and abs work. It will have a profound effect. But if you can’t make it to the gym, don’t stress out about it!

If you’re able to do all three cardio and abs workouts, amazing. If you can only do two, that’s still great. And if you only manage one, hey, you’ll still see very good progress.

That said, at the very least, if you’re not going to be doing these workouts, you at-least want to get some activity on your rest days, that will ensure you stay in an aggressive diet. So if you can’t do these workouts, still aim for 40-60 minutes of activity or walking.
How is this different than any other fat loss and abs workouts?

Most workouts on fat loss completely miss the boat. They do one or many of the following:

1. They deplete your nervous system - impairing recovery for strength training sessions
2. They cause interference - reversing the positive strength, power and hypertrophy adaptations from your strength training sessions
3. They focus on burning a ton of calories without any thought to how this affects your appetite, mood and will power reserves
4. They overemphasize the afterburn effect which only accounts for a small amount of calories burned
5. They are mind numbingly boring or/and exhausting

Most abs courses also miss the proverbial boat…

1. They burn your abs with ultra high reps and circuits but don’t actually build abdominal strength or muscle
2. They focus on excessive amounts of forward flexion (crunch style movements), that destabilize the spine, increasing your risk of back pain and injury and do little to develop great abs
3. They give you set and reps to do without showing you how to progress to challenging abs movements synonymous with elite abs development (full hanging leg raises)
4. They perform way too much volume and don’t provide ample recovery between sessions

What this course is and what this course isn’t

This course is about using some pretty simple, yet effective cardio strategies to maximize fat loss and leanness. But this course is not about getting you ready for a marathon or track meet.

In fact, trying to maximize endurance and aerobic capacity is completely counter productive to strength and muscle development.

This program is about developing a solid level of base fitness. This is the level of conditioning that you can maintain without impeding strength and hypertrophy development.

This is also a good level of conditioning to be physically capable in multiple areas of life. So you’ll be able to keep up with anything life throws at you. That said, don’t expect to be ready for a 5 round MMA fight or a full marathon. This program is not designed for professional athletes or marathon runners.

This program is not about being incredibly tough or exhausting. It’s about getting results. I want you to pour your drive and intensity into your strength training workouts. Not these workouts.
If you put a ton of effort into your workouts on your non lifting days, you will screw up your recovery and set yourself back.

These workouts should be challenging but still fun and enjoyable. In fact, I want you to look forward to these sessions.

Why would I ever want these sessions to be enjoyable? Well because success isn’t always about killing yourself.

Many times it’s about working smarter, not harder. And sometimes it’s about finding ways to have your cake and eat it too.

And this is what this course is precisely about! Having your cake and eating it too. In fact, these are my favorite routines to do with my girlfriend.

In fact, this workout is like the perfect gym date! And I guarantee you if you do this with your girl or a new girl, she will be hooked and will be begging to workout with you again.

Now don’t worry if you’re doing this routine by yourself. I usually do this routine alone. And it’s just as fun. I’ll listen to some awesome music while I jump rope and hit my abs. Then when I do my incline walking I’ll throw on a podcast or audiobook and the time fly’s away.

This is definitely an amazing break from a day filled with work and stress! In fact, when I don’t do these workouts it’s almost like there’s a void in my day and I miss it dearly.

**Just exactly what these workouts will give you?**

These workouts will accelerate fat loss without impairing strength, muscle development, power or recovery.

You will also burn a good amount of calories without raising your appetite. The jump rope drills will develop speed, balance, agility, movement efficiency, coordination and a solid level of stamina.

You will become lighter on your feet. And because you’re working on a skill, it’s far more enjoyable than simply running. Combine jump rope with some good music and it’s an absolute blast.

The core and mobility drills will build strong and muscular abs while improving total body suppleness and injury proofing the body. At a low body fat, you will have some seriously defined and etched out abs.
The incline walking will burn a good amount of calories with a neutral effect on appetite. You’ll also build up your calves. Throw on a good podcast or audiobook or talk with a friend and that’s a very productive activity.

Altogether the benefits of doing this style of workout on your rest days is absolutely massive! And let’s not forget the effect exercise has on mood and wellbeing. Listen to music, boost conditioning and athleticism, develop chiseled abs and enjoy some great podcasts. Yes, please!

**Cardio & fat loss?**

The role of cardio activity for fat loss is actually quite interesting, although by most people, it’s completely misunderstood.

What proper fat loss cardio is designed for and what it’s not designed for:

Cardio is not designed as a one stop solution to drop body fat. Meaning, just because you perform tons of cardio, does not mean you will lose weight.

Heck, it doesn’t even mean you won’t gain weight.

You see, fat loss takes place when you consume fewer calories than you expend.

And in many cases, doing too much exercise can trigger the ‘athlete’s appetite effect’.

This is another way of saying, the more active you are, the more you will eat. Have you ever spent time with athletes? They tend to eat a ton of food.

Your fat burning cardio routine needs to be designed on the premise of minimal effective dose. What’s the least amount of cardio you can perform to support fat loss.

If you do too much cardio, you will trigger the ‘athlete’s appetite effect’. At a certain point, the additional calories burned will result in a heightened appetite.

This can be very dangerous because in many cases, it makes people fall off their diets and fall into a downward spiral of guilty binge eating.

In that instance, all the cardio performed was not only a waste, but the initial trigger into a day of gluttony.

Had they just sat on their butt, watching Kardashian reruns all day, they would have had an easier time managing their appetite and following through on their nutrition plan.
This is one of the major problems with combining extreme low calorie diets with extreme exercise protocols. The diet doesn’t match the activity level and you are setting yourself for a huge fail!

**Hold up, Do Calories Even Matter?**

It’s been in vogue for the last decade or so to masquerade and pretend, as if by some stroke of god, calories don’t matter.

Tell that to people wasting away because they can’t procure enough food to support their energy requirements.

Because after all, if calories didn’t matter, then starvation wouldn’t have been a problem, ever. The reality is that I can lock you in a prison cell and feed you 1000 calories per day worth of oreo cookies and jujubes and you’d drop fat like gangbusters.

Sure, you’d feel miserable and lose some muscle along the way, but nonetheless, you’d lose fat on that protocol. And if I wanted you to lose weight faster, I’d get you to walk for two hours per day.

Calories matter, it’s the irrefutable law of thermodynamics. Unfortunately, many diet guru’s have tried futilely to refute the concept that calories matter. By trying to trick you into believing that it’s not the calories that make you fat, it’s the (insert bad food here).

If there’s one thing we know, it’s that any diet can allow you to drop fat if it gets you to consciously or unconsciously, consume fewer calories than you expend.

This is the reason why people have lost weight on just about any diet - high carbs, low carbs, 6 meals per day, one meal per day, vegan, paleo and yes, oreos…. The list goes on.

Now the best diet approach is the one that allows you to eat fewer calories in the most enjoyable way possible.

And herein brings me to my point - cardio with the goal of fat loss is meant to make eating for fat loss more enjoyable.

**The Role of Cardio for Fat Loss**

By performing a moderate amount of cardio on your ‘non lifting days’ you give yourself a lot more room in your diet to eat while staying in a ‘fat burning’ calorie deficit.
If you were to completely skimp on the cardio, you’d have to eat very little to drop fat! To put this into context, most people burn around 15 calories per pound of bodyweight on a moderately active day.

Now this is less calories than most energy expenditure calculators will estimate. Those calculators are designed to be safe because they’d rather you overeat than undereat. So a 180 pound male will burn about 2700 calories on a workout day. Now if it was a complete rest day, his maintenance would likely drop to 13 cals per pound.

This would put him at a mere 2340 calories to maintain his weight. If he wanted to lean down at an appreciable rate he’d have to eat 1800 calories or less per day.

The beautiful thing is it doesn’t take much exercise to get your maintenance intake to 15 cals per pound. In fact, it only needs to take about 45 minutes to do the trick.

45 minutes of the right type of exercise will have hardly any influence on your appetite levels. This is especially true for men that are above 10-12% and women that are about 18-20% body fat.

So by exercising on your rest days, you will give yourself a lot more room in your diet to enjoy food while staying in a fat burning deficit.

Now if you’re following the calorie and nutrition guidelines from the main guide, you will stick to those calories on your cardio and abs days. Don’t increase calories because you’re going to be doing cardio and abs.

Simply put, the cardio and abs work, will ensure the proper rate of fat loss. If you didn’t do any exercise, you’d have to eat even less to maintain a solid rate of fat loss.

Now don’t get me wrong, you still have to be careful. 400-500 calories can accumulate in the blink of an eye if you are not paying any attention to how much you’re eating.

But exercising on your rest day is the difference between effortless and enjoyable fat loss and eating like a runway model.

And let’s not forget, this 45 minutes of exercise contains far more benefits than simply helping you lean down.

On top of the fat loss benefits, you will become more fit, you’ll develop an awesome core, amazing mobility, you’ll injury proof your body and these cardio and abs workouts can be seriously fun.

Moreover, these workouts will improve your insulin sensitivity - improving your ability to better store and handle carbohydrates.
This is like programming your body to stay lean!

On top of that, because you can eat about 20% more food, you will better support your hormonal levels, sex drive and sanity.

If you didn’t do the cardio work, you’d have to either go lower in calories, or lose fat at a slower rate.

Now we want to ensure that this ‘moderate level of activity’ doesn’t trigger the ‘athletes appetite effect’. Therefore we want to select fat burning activities that have a neutral or negative effect on appetite.

**Exercise & Appetite**

A very critical component of this workout is it’s ability to blunt appetite. Most fat loss workouts may burn a ton of calories during the activity, but they will result in soaring appetite in the hours following the workout.

The goal of this workout is to avoid the soaring appetite. Interestingly enough, jumping rope has been shown to help diminish appetite. [http://www.ncbi.nlm.nih.gov/pubmed/23402716](http://www.ncbi.nlm.nih.gov/pubmed/23402716)

Furthermore, walking has been shown to induce a moderate energy deficit without increasing appetite. [http://www.ncbi.nlm.nih.gov/pubmed/19952806](http://www.ncbi.nlm.nih.gov/pubmed/19952806)

This is absolutely vital! We need to look at the big picture. It is not enough to burn a ton of calories in a workout. We must also look at how this affects our appetite and energy intake.

For this reason, walking and jumping rope are the ultimate fat burning activities. We can ramp up the effectiveness of brisk walking by using an incline. This will increase the calorie burn.

Now even with exercise tools like jumping rope and walking, we don’t want to overdo it. Doing two to three hours of skipping and walking per day is excessive.

**Exercise, Neural Fatigue & Interference**

Two other huge roadblocks to most cardio routines are neural fatigue and interference. Neural fatigue will sabotage your recovery for your important strength training sessions.

Any activities that requires a high level of effort and intensity, work big muscle groups and induce microtrauma will cause significant neural depletion.
For this reason interval training and sprint training certainly does not fit the bill! The only day that interval training or sprint training would be permissible is on saturday, since sunday is another non lifting day.

Low intensity activities like skipping rope and walking are perfectly suited for rest days. You’ll burn fat without impairing your neural recovery!

One of the reasons my courses are so effective at building strength and muscle is because they allow for total recovery.

If you were to start piling on intense cardio sessions on your rest days, you will sabotage recovery.

Unfortunately, not all low intensity work is desirable. In fact, slow jogging and cycling can cause interference. Meaning it will interfere with many of the positive adaptations from your strength training sessions.

Being proficient at cycling and jogging for long periods is completely in opposition with being very strong, powerful and muscular.

Fortunately for us, walking is a rather elementary skill. So very little physiological adaptations are required to be good at walking.

Therefore you can engage in plenty of brisk walking without interfering with your strength training workouts.

Make no mistake, walking has enormous health benefits and spending less time sitting down, and more time moving at a brisk pace has profound health benefits.

Just check out this article by Mark Sisson, backed by research, on the powerful benefits of walking: http://www.marksdailyapple.com/17-reasons-to-walk-more-this-year/#axzz3Sl0cH5LD

As for jump rope, well jumping rope will develop your athleticism while keeping you explosive and light on your feet.

Jogging and cycling for long periods tends to make your legs feel heavier and slower. Anyone that has focused on bringing up sprint times and vertical jump will know very well that jogging and cycling kills that.

Well interestingly enough, jump rope can actually help with sprinting and jumping. When you’re bouncing on your toes, you develop movement efficiency. This allows you to better utilize the strength and power you do have.
As well, you improve and develop the stretch shortening cycle. This will further allow you to make use of any strength you have to jump higher and sprint faster.

Many big heavyweight boxers, football players and basketball players use jumping rope as a conditioning tool to maintain their speed, agility and movement efficiency.

The jumping rope portion (optional) of the workouts is going to be rather brief, so you don’t have to worry about any interference. It will last about 10 minutes of total skipping time.

For these reasons, jumping rope and walking are the perfect activities to enhance fat burning without detracting from strength training and without increasing hunger.

In fact, the jump rope will help you functionalize the strength and power that you do have. You’ll develop the perfect base level of stamina, while improving agility, speed, coordination and movement efficiency.

**Abs Training & Neural Fatigue**

Many people wonder if training their abs on their rest days will detract from neural recovery. Well because the abdominals are a very small muscle group, it will induce minimal total body neural fatigue.

This means that abs can be trained on your rest days without any negative effects. Another muscle group that can be trained on your rest days are your calves. Calves are also very small muscle groups and can be trained multiple times per week on rest days.

For abs, we’re going to be sticking to less intense movements. Front levers, dragon flags and intense full body abs movements will be too intense to perform in-between lifting days.

Instead we’ll focus on abs movements that help develop great abs and mobilize the body.

**How many calories do you want to burn on cardio/abs days?**

The ideal number of calories to burn on your cardio days is not nearly as high as you may think. It’s a matter of minimal effective dose. How many calories should your burn to improve fat loss.

If you burn too many calories you will disrupt recovery, trigger interference with your strength workouts, exhaust your will power reserves and you will elevate your appetite (making dieting much harder to begin with).

The magic number of calories to burn is double your bodyweight in pounds. So let’s say that you’re 150 lbs (68kg), you’d want to burn about 300 calories.
That would bring your maintenance from around 13 cals per pound, up to 15 cals per pound. Try burning more calories and the law of diminish returns will kick in.

You’ll begin to become ravenous and you’ll increase your risk of burnout and impede recovery!

**How to adjust diet for calories burned**

I recommend basing your calorie needs off of a moderate amount of activity to begin with. So adding extra calories on your cardio days will result in eating too much.

Stick to the exact calorie guidelines as laid out in the main guide. Approximately 11 calories per pound of goal bodyweight.

**Abs Tools**

**Abs Wheel Roll outs or L Sits**

The first portion of each abs session is dedicated to strong isometric abdominal contraction. These movements will develop an extremely strong and powerful core.

You will also be strengthening the deep muscles within the core, known as the transverse abdominals. These muscles injury proof your body and keep you stomach pulled in and taut.

If you can build up to standing abs wheel roll outs and 30 second L sit holds you will have an elite core that can handle pretty much anything.

**Leg Raise Movements**

Forget crunches, sit ups and forward flexion movements. This isn’t the way to develop a highly muscular set of six pack abs.

Most of us are strong at forward flexion and doing crunches or weighted crunches will do very little for us - except set us up for back pain and bad posture.

The key to really developing the abs is in trunk flexion. Drawing the legs up to our torso. These type of movements are much safer on the back and they develop the abs like nothing else.

Moreover, hanging leg raise style movements will promote flexibility through the posterior chain of the body - hamstrings, glutes and low back. Hanging leg raises will also build an extremely strong and stable low back.
Most people do leg raise movements by lifting their legs until they are parallel to the floor. This is leaving so much on the table.

The goal is to build up to doing having leg raises to the point where you can bring your legs all the way up so that they form a V with your torso.

That said, you want to be cognizant of your torso lean. Many people will cheat and use their lats to lean back. This takes work off the abs and places it onto their lats.

You want to avoid this. Bring your legs up as high as you can without cheating with your lats and leaning back. At first you may only be able to work up to 90 degrees.

Eventually you’ll be able to get high enough to form a strong v shape. When you can do 12 controlled hanging v raises, you’ll have a seriously strong and muscular core. Another great hanging leg raise movement are actually side to side bent knee ups! I learned this exercise from my great friend and fitness expert, Rusty Moore. This movement is phenomenal at developing amazing abs and promoting a prominent V cut (the lines from the lower abs that point down to your family jewels).

**Mobility Movements**

**Back Bridge**

- Stretches out the anterior chain (quads, hip flexors, abs, and chest, plus lats)
- Contracts the posterior chain (hamstrings, glutes, low back, upper back and triceps, plus shoulders)
The back bridge is probably my favorite exercise in the world. If it wasn’t for this exercise, I’d still suffer from aggravating lower back pain everyday. But thanks to bridging I have strengthened the deep muscles along my spine that reinforce proper posture and spinal alignment. Basically I have injury proofed my entire back and spine.

I can sit down for hours and I feel absolutely no pain. Before my back would be screaming if I sat down for more than 20 minutes. What’s more, if you do this exercise frequently, you may be able to increase your height by half an inch as this exercise helps to elongate your spine and support great posture.

**The L-Sit Hold**

- Stretches out the posterior chain
- Strongly contracts the anterior chain

Everyone is obsessed with training their rectus abdominals, the muscles that make up the six pack. Well what about the deeper, internal alignment muscles, such as the psoas, the hip flexors, the iliacus and the transverse abdominals? It’s very often that people actively try to disengage some of these muscles when training abs.

When you neglect these muscles they become very weak and these are the muscles that align your hips and torso; if these muscles are weak, your entire body will suffer. L-sits are an excellent exercise to use in your routine. Holding the L sit contracts the deep muscles hard and also strengthens your traps and triceps.

As well, it stretches out the spine and develops strength in the lower back. This is because the lower back has to work hard to stabilize itself during powerful anterior contractions, which
makes L-sits a great way at building tension-flexibility in the back, making it stronger and more injury proofed.

**Twist Hold**

- Stretches out the lateral chain plus the rotator cuff
- Contracts the lateral chain of the opposite side plus the rotator cuff

Many athletes train up and down, front and back, but very few twist. The twisting exercise takes care of this and increases strength and flexibility in the deep muscles responsible for rotation. The shoulder position of the twist stretch will stretch and work the rotator cuff. This deep stimulation improves shoulder mobility, increases blood flow and enhances healing.

Many people suffer from upper back pain due to excess tension in the muscles between the shoulder blades. Twists actively release the shoulder blades. Proper twists will reverse stiffness and damage done to the hips and back, helping to prevent hip cramps and backache. As well, twisting is very key in sports and the twisting stretch will improve functionality and sports performance.

**Jumping Rope**

On tuesday and thursday, the first phase of the workout will begin with either brisk incline walking or jumping rope! You have the option to do either. If you choose to do jump rope, the workout will start with about 15 minutes of jumping rope. Each workout you should become better at this. At first you will jump up and down like a drunken baboon and you will tire in seconds.
But after a few weeks, you will move beautifully and gracefully. It will be like watching a butterfly float and you will hold your wind.

It will be as if you are jumping with an invisible rope. It will become second nature. Your brain will make all the neurological connections.

This type of training will provide you with a perfect level of stamina. You will be able to completely move, shift and handle your body with ease.

You will have a great level of endurance for athletic sports, martial arts, boxing, wrestling, dancing and yes, sex!

If you wanted to train for a serious competition, road race or sport that required a very high level of stamina, well you would have the proper base to build up in a matter of weeks.

That said, there's no sense in trying to maintain elite level endurance year round. Maintain a good base that will have no detrimental effects on strength, power and muscle building.

There’s no interval protocol for the jumping rope. The idea is to build up to a full 15 minutes with minimal breaks. Once this becomes easy I recommend varying up the pace.

This is where you jump rope at an easy pace for 30-60 seconds or so and then go hard for 15-30 seconds (no need to time this exactly, just go with the flow)

When you get really advanced, you can coordinate skipping to the music you’re listening to.

This is my absolutely favorite thing to do. I’ll jump rope for about an entire song, then I’ll drink some water, jump rope for another song, drink some water, and finish off with one final song.

**The Core & Mobility Work**

Each workout will include two phases of core/mobility work. They will include stability work (L sits or abs wheel roll outs), back bridging, leg raises variations and twist holds. This workout will accomplish a few things

1. You’ll increase the size and thickness of your abdominal wall. This will result in super defined and etched out abs at a low body fat. You’ll also support the sex lines that girls love (this is the v shape at the bottom of your stomach that points to your goods).
2. You’ll build total body functional flexibility and mobility. This will keep you healthy and injury free. You’ll also improve posture, eliminate any back pain, improve shoulder health and improve athleticism because you’ll be strong and explosive from all angles.
3. And you’ll have a very powerful core. Your core is your centerpoint that keeps you stable. In most real world scenarios, we must use our core strength and stability in
conjunction with our legs or upper bodies. Without a rock solid core, we will be limited in our strength.

4. You’ll develop the deep muscles of the abs (TVA). This will keep your stomach more taut and rigid and will contribute to a slim waist.

The Kinobody Cardio & Abs Workout A (Tuesday)

Phase One (Walking or Jump Rope)

15 minutes of brisk walking (3.8-4.0mph and 2 degree incline) or Jumping Rope

I recommend listening to good music, listening to a podcast or putting on a great audiobook. The 15 minutes will fly by so quickly!

If you’re going to jump rope, I suggest listening to some good music, and trying to maintain a good clip until the song is over, then take a short break, drink some water and continue with a new song. You can do this for 3 songs and with the short rest times, that will equate about 15 minutes.

Phase Two (L Sits & Bridging)

L sit hold: 3 sets x 5-20 seconds (rest 1 minute between sets)
Back Bridge or Hip Bridge Hold: 3 sets x 10-20 seconds (rest 1 minute between sets)

Phase Three (Walking)

15 minutes of brisk walking (3.8-4.0mph and 2 degree incline)

Continue listening to that audiobook, podcast or tunes!

Phase Four (Hanging Leg Raises & Twist Holds)

Hanging Leg Raises: 3 sets x 6-15 reps (1 minute rest)
Twist Hold: 2 sets x 20 second hold per side

** For hanging leg raises, perform a hanging knee raise for beginners, straight leg raise for intermediate and straight raise all the way up into a V for advanced

Phase Five (Walking)

10 minutes of brisk walking (3.8-4.0mph and 2 degree incline)

Continue listening to that audiobook, podcast or tunes!
The Kinobody Cardio & Abs Workout A (Thursday)

Phase One (Walking or Jump Rope)

15 minutes of brisk walking (3.8-4.0mph and 2 degree incline) or Jump Rope

I recommend listening to good music, listening to a podcast or putting on a great audiobook. The 15 minutes will fly by so quickly!

If you’re going to jump rope, I suggest listening to some good music, and trying to maintain a good clip until the song is over, then take a short break, drink some water and continue with a new song. You can do this for 3 songs and with the short rest times, that will equate about 15 minutes total.

Phase Two (L Sits & Bridging)

L sit hold: 3 sets x 5-20 seconds (rest 1 minute between sets)
Back Bridge or Hip Bridge Hold: 3 sets x 10-20 seconds (rest 1 minute between sets)

Phase Three (Walking)

15 minutes of brisk walking (3.8-4.0mph and 2 degree incline)

Continue listening to that audiobook, podcast or tunes!

Phase Four (Hanging Leg Raises & Twist Holds)

Side to Side Bent Knee Ups: 3 sets x 6-15 reps per side (1 minute rest)
Twist Hold: 2 sets x 20 second hold per side)

** For side to side bent knee ups, if 15 reps is no longer challenging, hold a light dumbbell (3-10 pounds in your feet)

Phase Five (Walking)

10 minutes of brisk walking (3.8-4.0mph and 2 degree incline)

Continue listening to that audiobook, podcast or tunes!
The Kinobody Cardio & Abs Workout A (Saturday)

Saturday we can go more intense with the cardio because we will have a complete rest day on Sunday. Therefore, this is an ideal time to do some sprinting or a short interval workout. There’s no need to push it 110%. All we need to do is challenge ourselves and push the envelope.

This workout, done once per week, will help maintain a very good level of conditioning and athleticism. People always want to do more, but you only have so many adaptational reserves, especially when you’re on a diet.

If you overdo it, you will cause more harm than good and slow down the rate of progress! Remember the old adage, less is more!

Phase One (Intervals or Sprints)

Sprinting Option: Perform 2 easy 60-80 yard sprints. The first one at 60% max speed and the second one at 80% max speed. Follow up with 3 sprints at 90-95% of max speed. Walk back to the starting line as active rest. You can perform this sprint workout on a hill or on flat ground. Both are great options.

Interval Option: Alternate walking for 2 minutes at 4.0mph (1-2 degree incline) with jogging for 1 minute. Start at a 6mph jog. Everytime you go back to jogging, increase the speed by 0.5-1mph. We’re going to do this for 20 minutes - so 6 intervals total (plus a 2 minute walk at the end)

If you’re more advanced, increase the speed by 1.0mph. If you’re less advanced, increase the speed by 0.5mph (that way you finish off at 8.5mph instead of 11mph. If you’re somewhere in the middle then increase the speed by 1.0mph for the first 1-3 intervals, then switch to increasing by 0.5mph.

Example:

Walk for 2 minutes
Run at 6.0 for 1 minute
Walk for 2 minutes
Run at 7.0 for 1 minute
Walk for 2 minutes
Run at 8.0 for 1 minute
Walk for 2 minutes
Run at 9.0 for 1 minute
Walk for 2 minutes
Run at 10.0 for 1 minute
Walk for 2 minutes
Run at 11.0 for 1 minute
Walk for 2 minutes (finished)
Notes: At first you can increase the speed while you’re on the treadmill. Eventually, if you’re going up to 10mph or more, you’ll need to rest your feet on the sides of the treadmill, ramp the speed up, then jump on the treadmill as it’s accelerating. (thought some treadmills allow you to manually enter the speed, then hit enter, but most treadmills don’t offer this function).

If you’re not comfortable with this, then you can just build up to 8-9mph. And increase the incline for the last couple intervals.

Option #3 - Treadmill Pyramid Incline (if sprinting or intervals is too intense)

If sprinting or intervals is too intense, you can do 20 minutes of incline pyramid walking. This is where you will start with a 1 degree incline and every 2 minutes you will raise the incline by 1 degree. You will continue until you either can’t go any higher (the treadmill has maxed out) or it starts to become too challenging.

At that point you will reduce the incline by 1 degree every minute until you finish the 20 minutes.

So here’s how it looks (treadmill speed should be set to 3.8mph):

0-2 minutes (1 degree incline)
2-4 minutes (2 degree incline)
4-6 minutes (3 degree incline)
6-8 minutes (4 degree incline)
8-10 minutes (5 degree incline)
10-12 minutes (6 degree incline)
12-14 minutes (7 degree incline)
14-16 minutes (8 degree incline)
16-17 minutes (7 degree incline)
17-18 minutes (6 degree incline)
18-19 minutes (6 degree incline)
19-20 minutes (4 degree incline)
Finished

Phase Two (Abs Wheel Roll outs & Bridging)

Abs Wheel Rollouts: 3 sets x 5-15 reps (rest 1 minute between sets)
Back Bridge or Hip Bridge Hold: 3 sets x 10-20 seconds (rest 1 minute between sets)

*If abs wheel roll outs are too easy, you can either procure a weighted vest to make it more challenging, have a partner push with their hands against your back for resistance.
Or your can do it from a standing position, and only go out as far as you can - just do 5 reps of these. Eventually you may be able to build to full standing abs wheel roll outs! Then you can start building up the reps.

**Phase Three (Walking)**

15 minutes of brisk walking (3.8-4.0mph and 2 degree incline)

Continue listening to that audiobook, podcast or tunes!

**Phase Four (Hanging Leg Raises & Twist Holds)**

Side to Side Bent Knee ups: 3 sets x 6-15 reps per side (1 minute rest)
Twist Hold: 2 sets x 20 second hold per side

** For side to side bent knee ups, if 15 reps is no longer challenging, hold a light dumbbell (3-10 pounds in your feet)

**Phase Five (Walking)**

10 minutes of brisk walking (3.8-4.0mph and 2 degree incline)

Continue listening to that audiobook, podcast or tunes

**Sunday**

Sunday is your complete rest day! My advice is to avoid the gym. If you must, go out for a walk outside. Listen to some Eckhart Tolle for an hour! Chill out and completely regroup. Stick to the same calorie intake as usual.