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that you keep your cardiovascular training sessions to 20 – 30 minutes, 3-5 times a week and exercise at a high intensity (you should barely be able to read a magazine, if at all). To make your cardio training session high intensity, you should be working at 75-95% of your maximum heart rate. Maximum Heart Rate = approx 220 – your age.

Contrary to what most people believe when speaking about cardio training, more is not always better. In the Eighties there was an aerobics craze, which in part was due to people trying to exercise in the 'fat burning zone'. The 'fat burning zone' is so called because when you exercise at a lower intensity you burn more fat calories compared to carbohydrate calories. Even though relatively speaking you are burning more fat calories compared to carbohydrate calories when training in the 'fat burning zone'; the total number of calories expended is not very high unless you exercise for a long period of time. This resulted in people doing lengthy cardio training sessions to expend a greater number of calories per training sessions result in the repetitive strain on joints, ligaments, tendons, and muscles and can cause injuries through increased wear and tear from the impact of many aerobic exercises. (At BodyTech, we have 'flex decks' on all of our treadmills to minimise impact-related injuries.)

Why High Intensity Cardio?

Cardiovascular training is a necessary component of any exercise programme. The benefit you receive from cardiovascular training include conditioning the cardiovascular system leading to: increased heart efficiency, increased heart efficiency, increased blood circulation, reduced cholesterol, reduced blood pressure and reduced stress levels. At BodyTech, we recommend

Cardiovascular Training Guidelines

	BEGINNER	INTERMEDIATE	ADVANCED
PROGRAMME	Set the programme to manual	Set the programme to hill of random	Set the programme to manual
TIME	Start with a 10-15 min. and build up to thirty minutes	20-30 minutes	20-30 minutes
INTENSITY	Increase intensity by increasing level	Increase overall intensity	Interval training ideas 1. 2 minutes on hard 80% effort 1 minute easy 50% effort 2. 1 minute on hard 90% effort 1 minute easy 50% effort 3. 40 seconds hard 90-95% effort 20 seconds hard 50% effort 4. 30 second hard 95% effort 30 seconds hard 50% effort
NOTES	If on a bike keep the rpm to no higher than 80.	You can increase the intensity on the X-trainer by increasing the RPM and/or level	For intervals 1 and 2 warm-up for five minutes then perform intervals for 20 minutes then cool down for five minutes.
	Use a variety of machines		
	You should feel like you are just starting to breathe heavier after about 5-10 minutes	Keep the same RPM or speed as the intensity will automatically change.	Effort – 100% being as much effort as you can possibly give 50% being easy.