7DAY Exercise Planner

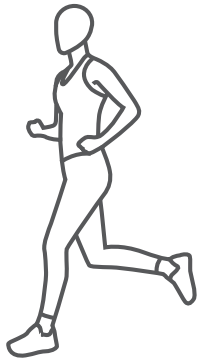
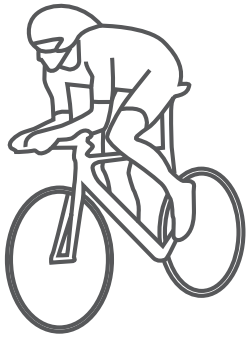
by Selasi Berdie

Interval Training

m t w t f s s

What you need: Pair of comfortable shoes

Explanation: Interval training is one of the easiest and most effective ways to burn fat and improve your cardio capabilities. Find any cardiovascular machine of your choice and get ready to shed the unwanted fat.

	Run	Ride	Row
	 or	 or	
Beginner	Run, ride, row at your max for 30 seconds	Passively recover for 1 minute (continue to exercise at comfortable pace)	Repeat pattern for 20 minutes
Intermediate	Run, ride, row at your max for 45 seconds	Passively recover for 1 minute (continue to exercise at comfortable pace)	Repeat pattern for 20 minutes
Advanced	Run, ride, row at your max for 1 minute	Passively recover for 1 minute (continue to exercise at comfortable pace)	Repeat pattern for 20 minutes