



Exercise Planner

for your *Body*

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Interval Training

What you need: Pair of comfortable shoes

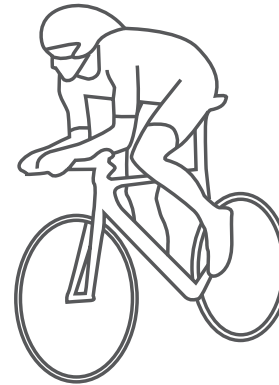
Explanation: Interval training is one of the easiest and most effective ways to burn fat and improve your cardio capabilities. Find any cardiovascular machine of your choice and get ready to shed the unwanted fat.

Run



or

Ride



or

Row



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