



4-WEEK CARDIO WORKOUT TRAINING PROGRAM



©2020 Ketogenic.com. All Rights Reserved.

The unauthorized reproduction or distribution of this copyrighted work is illegal. Criminal copyright infringement, including infringement without monetary gain, is investigated by the FBI and is punishable by up to five years in federal prison and a fine of up to \$250,000.

Keto Club 4-Week Cardio Training Workout Program

Ketogenic.com strongly recommends that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. Ketogenic.com is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Ketogenic.com from any and all claims or causes of action, known or unknown, arising out of Ketogenic.com's negligence.

Disclaimer:

By purchasing this program, you accept and are bound by these terms and conditions without limitation, qualification or change. You represent that you have read and agreed to these terms and conditions at all times while using this program. You must be at least 18 years of age to access the material contained on ketogenic.com without adult supervision. To access and use ketogenic.com, you warrant that you are at least 18 years old or have obtained parental permission.

Any application of the recommendations set forth in this website and ebook from Ketogenic.com is at the reader's discretion and sole risk. The information offered is intended for people in good health. Anyone with medical problems of any nature should see and consult a doctor before starting any diet or exercise program. Even if you have no known health problems, it is advisable to consult your doctor(s) before making major changes in your lifestyle.

The material contained on ketogenic.com and in Keto Club, is provided for educational and informational purposes only and is not intended as medical advice. The information contained on this website and program should not be used to diagnose or treat any illness. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions.

This information on this website has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease, metabolic disorder or health problems. We cannot and do not give you medical advice. You should seek prompt medical care for any specific health issues and consult your physician before purchasing any product(s). We do not recommend the self-management of health problems. Information obtained by using our services is not exhaustive and does not cover all diseases, ailments, physical conditions or their treatment.

By purchasing this system you agree that you will consult your doctor, physician or health care provider before beginning the nutrition or exercise program or taking into practice any and all tips from the website.

You understand and agree that you will indemnify, defend and hold us and our affiliates harmless from any liability, loss, claim and expense, including reasonable attorney's fees, arising from your use of our website and program, or your violation of these terms and conditions.

Table of Contents

Information

- 4** Program Details
- 5** Terminology
- 6** Warm Up & Cool Down
- 7** Workout Tracker

Week 1

- 8** Work out Calendar
- 9** HIIT Clrcuit
- 10** LISS Exercise List

Week 2

- 11** Work out Calendar
- 12** HIIT Clrcuit
- 13** LISS Exercise List

Week 3

- 14** Work out Calendar
- 15** HIIT Clrcuit
- 16** LISS Exercise List

Week 4

- 17** Work out Calendar
- 18** HIIT Clrcuit
- 19** LISS Exercise List

Additional Resources

- 20** Cardio Resources



Program Details

4-WEEK CARDIO TRAINING PROGRAM

This 4-Week Cardio Training Workout Program was designed to help you kick start your cardiovascular health and optimize fat loss. This program gradually increases in intensity and length. All high intensity interval training (HIIT) and low intensity interval training (LISS) protocols are suggestions and can be swapped with different circuits based on individual preference, as long as they meet the time requirements. A list of sample HIIT and LISS videos/workout classes (outside of the ones within the program) can be found at the end of this program.

Every person will start this program at a different starting point and with different goals. It is important to keep this in mind and mold the program around yourself and your own needs. If you find yourself too tired or too sore, lower the intensity. If you find that the workouts are not challenging enough, increase the intensity and reduce the rest time. It is important to manipulate the program around your goals and needs.

When selecting a low intensity (LISS) exercise make sure to keep in mind the intensity level best suited for you. Each week has a segmented highlighted that is suggested based on beginner progression, but remember to take it at your own pace, this is just a suggestion.

Terminology

4 - WEEK CARDIO TRAINING PROGRAM

Active Recovery- Active recovery is a type of exercise that is low-intensity and meant to follow a harder or heavy workout. Rather than remaining sedentary, active recovery is meant to get you moving, without over-training. Examples of active recovery activities include walking, hiking, and yoga.

Dynamic Mobility- This is a form of stretching, but you are not holding a specific posture. Instead you are constantly moving. Examples of dynamic mobility include arm circles and shoulder rolls. Dynamic mobility should be completed before a workout instead of static stretching.

HIIT- High Intensity Interval Training (HIIT) is a cardio workout that is designed to elevate your heart rate for a short period of time with bursts of exercise, followed by a short rest (hence the name interval training). HIIT is extremely intense, which is why it is only around 30 minutes. Traditional HIIT is typically formatted with 20 seconds of exercise, followed by 10 seconds of rest, or 45 seconds of exercise, followed by 15 seconds of rest.

LISS- Low Intensity Steady State (LISS) is a low intensity cardio workout. Because it is completed at such a low intensity, these exercises can be performed for 30-60 minutes or more. Examples of LISS activities include walking and light jogging.

Low Impact Modification- This is a lower intensity version of an exercise. For example, jump squats can be intense both cardiovascularly and on the joints. Doing bodyweight squats in place of jump squats is an example of a low impact modification.

Reps- Reps is short for repetitions. This is the number of times you will complete a specific exercise within 1 set. For example, 3x6 on push-ups means you will complete 3 sets of 6 pushups.

Rest (days)- Rest days are days where you will not complete a formal exercise routine. Instead, you should practice active recovery, meaning you are not completely sedentary, but you are also not training.

Rest Time- The time period you should wait between sets of an exercise.

Static Stretching- This is what you think of when you think of traditional stretching. You will be holding a specific stretch for an extended period of time. Static stretching should not be performed before an exercise, but rather after.

Warm Up & Cool Down

4-WEEK CARDIO TRAINING PROGRAM

Warm Up- Before every workout, you should spend 5-10 minutes warming up. This means you are getting your body moving and blood flowing. This is a good time to practice dynamic mobility and/or foam rolling (myofascial release). Examples of warm up exercises are below:

- Jog in place
- Jumping jacks
- Arm circles
- Shoulder rolls
- Hip circles (invisible hula hoop)
- Knee circles
- Ankle circles
- Side to side twists
- Toe taps
- Kicks
- Bodyweight squats
- Bodyweight lunges

Don't know where to start? Here is a Youtube video you can follow along with:

<https://www.youtube.com/watch?v=RomMyV5OtcM>

Cool Down- After every workout you should practice a 5-10 minute cool-down routine. This will help you slowly lower and safely lower your heart rate. This is a good time to practice static stretching. Examples of cool down exercises are below:

- Low runners lunge
- Sit and reach
- Toe touch
- Standing quad stretch
- Calf stretch
- Straddle stretch
- Overhead triceps stretch
- Spinal twist
- Splits
- Pigeon pose
- Butterfly pose

Don't know where to start? Here is a Youtube video you can follow along with:

<https://www.youtube.com/watch?v=y3rJ5AzoQzk>

WORKOUT TRACKER

LOG YOUR WORKOUT HERE!

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

WEEK 1

4-WEEK CARDIO PROGRAM



Complete the weekly HIIT cardio circuit or choose your own that meets the time criteria. Choose a form of low intensity cardio from the list.

ACTIVITY	TIME	CHECKBOX
DAY 1 Low Intensity Steady State Cardio	30 Minutes	
DAY 2 High Intensity Interval Training	20 Minutes	
DAY 3 Low Intensity Steady State Cardio	30 Minutes	

Week 1 HIIT Circuit

20 MINUTES

Start with a 5-minute warm-up.
Try walking, jogging in place,
and completing body-weight
exercise like squats, and lunges.

CIRCUIT 1

ACTIVITY	TIME	ROUNDS
JUMP SQUATS LOW IMPACT: SQUATS	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
PUSH UPS LOW IMPACT: INCLINE PUSH UPS	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
BICYCLE CRUNCHES	20 SEC ON 10 SEC REST	REPEAT 3 TIMES

CIRCUIT 2

LUNGE JUMPS LOW IMPACT: LUNGES	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
HIGH KNEES LOW IMPACT: MARCH IN PLACE	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
FLUTTER KICKS	20 SEC ON 10 SEC REST	REPEAT 3 TIMES

CIRCUIT 3

BURPEES LOW IMPACT: SLOW BURPEE, NO JUMP	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
JUMPING JACKS LOW IMPACT: SLOW JACKS	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
MOUNTAIN CLIMBERS	20 SEC ON 10 SEC REST	REPEAT 3 TIMES

Week 1 LISS Exercises

30 MINUTES

keto club™

OPTION	INTENSITY LEVEL	ACTIVITY
1	Beginner	Walking/Hiking
2	Beginner	Yoga
3	Beginner	Swimming
4	Moderate	Jogging
5	Moderate	Dance Cardio
6	Advanced	Cycling
7	Advanced	Running

WEEK 2

4-WEEK CARDIO PROGRAM



ACTIVITY	TIME	CHECKBOX
DAY 1 High Intensity Interval Training	20 Minutes	
DAY 2 Low Intensity Steady State Cardio	30 Minutes	
DAY 3 High Intensity Interval Training	20 Minutes	
DAY 4 Low Intensity Steady State Cardio	45 Minutes	

Week 2 HIIT Circuit

20 MINUTES

Start with a 5-minute warm-up.

CIRCUIT 1

ACTIVITY	TIME	ROUNDS
BUTT KICKS	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
PLANK JACKS	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
RUSSIAN TWISTS	20 SEC ON 10 SEC REST	REPEAT 3 TIMES

REST 1 MINUTE

CIRCUIT 2

SQUAT HOLD BURPEE LOW IMPACT: DON'T JUMP	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
HIGH KNEES LOW IMPACT: MARCH IN PLACE	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
REVERSE CRUNCHES	20 SEC ON 10 SEC REST	REPEAT 3 TIMES

REST 1 MINUTE

CIRCUIT 3

LATERAL JUMPS LOW IMPACT: SLOW BURPEE, NO JUMP	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
FAST FEET	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
V-UPS	20 SEC ON 10 SEC REST	REPEAT 3 TIMES

Week 2 LISS Exercises

30 - 45 MINUTES



ketō club™

OPTION	INTENSITY LEVEL	ACTIVITY
1	Beginner	Walking/Hiking
2	Beginner	Yoga
3	Beginner	Swimming
4	Moderate	Jogging
5	Moderate	Dance Cardio
6	Advanced	Cycling
7	Advanced	Running

WEEK 3

4-WEEK CARDIO PROGRAM



	ACTIVITY	TIME	CHECKBOX
DAY 1	High Intensity Interval Training	30 Minutes	
DAY 2	Low Intensity Steady State Cardio	45 Minutes	
DAY 3	High Intensity Interval Training	30 Minutes	
DAY 4	Low Intensity Steady State Cardio	45 Minutes	

Week 3 HIIT Circuit

32 MINUTES

CIRCUIT 1

ACTIVITY	TIME	ROUNDS
HIGH KNEES	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
PLANK SHOULDER TAPS	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
BICYCLE CRUNCHES	20 SEC ON 10 SEC REST	REPEAT 3 TIMES

REST 1 MINUTE

CIRCUIT 2

ALTERNATING LUNGE JUMP LOW IMPACT: NO JUMP	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
PUSH UPS LOW IMPACT: ON KNEES	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
BODY WEIGHT DIPS	20 SEC ON 10 SEC REST	REPEAT 3 TIMES

REST 1 MINUTE

CIRCUIT 3

TUCK JUMP	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
FAST FEET	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
ALTERNATING SIDE PLANK	20 SEC ON 10 SEC REST	REPEAT 3 TIMES

REST 1 MINUTE,
THEN REPEAT ALL 3 CIRCUITS

Week 3 LISS Exercises

45 MINUTES

keto club™

OPTION	INTENSITY LEVEL	ACTIVITY
1	Beginner	Walking/Hiking
2	Beginner	Yoga
3	Beginner	Swimming
4	Moderate	Jogging
5	Moderate	Dance Cardio
6	Advanced	Cycling
7	Advanced	Running

WEEK 4

4-WEEK CARDIO PROGRAM



ACTIVITY	TIME	CHECKBOX
DAY 1 High Intensity Interval Training	30 Minutes	
DAY 2 Low Intensity Steady State Cardio	60 Minutes	
DAY 3 High Intensity Interval Training	30 Minutes	
DAY 4 Low Intensity Steady State Cardio	60 Minutes	

Week 4 HIIT Circuit

32 MINUTES

CIRCUIT 1

ACTIVITY	TIME	ROUNDS
JUMP SQUATS LOW IMPACT: SQUATS	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
MOUNTAIN CLIMBERS	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
ALTERNATING SIDE PLANKS	20 SEC ON 10 SEC REST	REPEAT 3 TIMES

REST 1 MINUTE

CIRCUIT 2

POP SQUATS LOW IMPACT: NO JUMP	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
DIAMOND PUSH-UPS	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
RUSSIAN TWISTS	20 SEC ON 10 SEC REST	REPEAT 3 TIMES

REST 1 MINUTE

CIRCUIT 3

LATERAL JUMPS LOW IMPACT: NO JUMP	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
BURPEES WITH PUSH-UP LOW IMPACT: NO JUMP, KNEE PUSH UP	20 SEC ON 10 SEC REST	REPEAT 3 TIMES
PLANK JACKS	20 SEC ON 10 SEC REST	REPEAT 3 TIMES

REST 1 MINUTE,
THEN REPEAT ALL 3 CIRCUITS

Week 4 LISS Exercises

60 MINUTES

ketochef

OPTION	INTENSITY LEVEL	ACTIVITY
1	Beginner	Walking/Hiking
2	Beginner	Yoga
3	Beginner	Swimming
4	Moderate	Jogging
5	Moderate	Dance Cardio
6	Advanced	Cycling
7	Advanced	Running

Additional Cardio Resources

4-WEEK CARDIO TRAINING PROGRAM

LOW-IMPACT HIIT

- 20 Minutes:
<https://www.youtube.com/watch?v=JkVHrA5o23o>
- 20 Minute, No Noise:
<https://www.youtube.com/watch?v=Mvo2snJGhtM>
- 30 Minutes:
<https://www.youtube.com/watch?v=kTTP82Vhcww>
- 40 Minutes:
<https://www.youtube.com/watch?v=tb7dWAOy7zo>

NORMAL HIIT

- 15 Minute HIIT:
https://www.youtube.com/watch?v=_9Wls5hni0E
- 20 Minute Traditional HIIT:
<https://www.youtube.com/watch?v=VhdXXqcoco0&t=423s>
- 30 Minutes:
<https://www.youtube.com/watch?v=lzrxQPcPqr8&t=7s>
- 40 Minutes:
<https://www.youtube.com/watch?v=QOHJTIIfs9g&t=757s>

YOGA (LISS)

- 20 Minute Flow:
https://www.youtube.com/watch?v=b1H3xO3x_Js
- 25 Muscle Recovery:
<https://www.youtube.com/watch?v=SPGBuJtYYmY>
- 40 Minute Vinyasa Flow:
<https://www.youtube.com/watch?v=9kOCY0KNByw>

DANCE (LISS)

- 15 Minute Beginner:
<https://www.youtube.com/watch?v=Rj2lubFfEqY>
- 30 Minute Zumba Strong:
<https://www.youtube.com/watch?v=QRZcZgSgSHI>
- 30 Minute Tabata:
<https://www.youtube.com/watch?v=kwkXyHjgoDM&t=315s>

APPS

- Nike Training Club
- Nike Run Club
- Adidas Training
- Strava
- 30 Day Fitness Challenge
- Seconds

**PROGRESS
NOT
PERFECTION**

*ket*o*genic*.com