

Advanced Cardio Workout

Frequency: 5 times per week

Duration: 60-75 minutes per session

1. Warm-up: 10 minutes of dynamic stretching, jogging, and mobility exercises.

2. Workout:

- 30 minutes of HIIT: 1 minute all-out effort, 1 minute rest, repeat 10-15 times.

- 20 minutes of continuous running or cycling at a steady pace.

- 15 minutes of stair climbing or hill sprints.

3. Cool-down: 10 minutes of light jogging or walking, followed by stretching and foam rolling.