

A woman with dark hair in a ponytail, wearing a white sports bra, black leggings, and purple sneakers, is running up a set of wide concrete stairs. The background is a soft-focus outdoor setting with trees and a clear sky.

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# 4-WEEK CARDIO WORKOUT TRAINING PROGRAM

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### **Keto Club 4-Week Cardio Training Workout Program**

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# 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 or 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 exercise 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 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 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
<b>DAY 1</b> Low Intensity Steady State Cardio	30 Minutes	
<b>DAY 2</b> High Intensity Interval Training	20 Minutes	
<b>DAY 3</b> 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

## REST 1 MINUTE

## 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

## REST 1 MINUTE

## 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

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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

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	ACTIVITY	TIME	CHECKBOX
<b>DAY 1</b>	High Intensity Interval Training	20 Minutes	<input type="checkbox"/>
<b>DAY 2</b>	Low Intensity Steady State Cardio	30 Minutes	<input type="checkbox"/>
<b>DAY 3</b>	High Intensity Interval Training	20 Minutes	<input type="checkbox"/>
<b>DAY 4</b>	Low Intensity Steady State Cardio	45 Minutes	<input type="checkbox"/>

# 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

ketoclub

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

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ACTIVITY	TIME	CHECKBOX
<b>DAY 1</b> High Intensity Interval Training	30 Minutes	<input type="checkbox"/>
<b>DAY 2</b> Low Intensity Steady State Cardio	45 Minutes	<input type="checkbox"/>
<b>DAY 3</b> High Intensity Interval Training	30 Minutes	<input type="checkbox"/>
<b>DAY 4</b> Low Intensity Steady State Cardio	45 Minutes	<input type="checkbox"/>

# 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

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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

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

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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](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=IzrxQPcPqr8&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](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=Rj2IubFfEqY>
- 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**

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