

Strategic Cardio (Use After Density Training) *-By Rusty Moore*



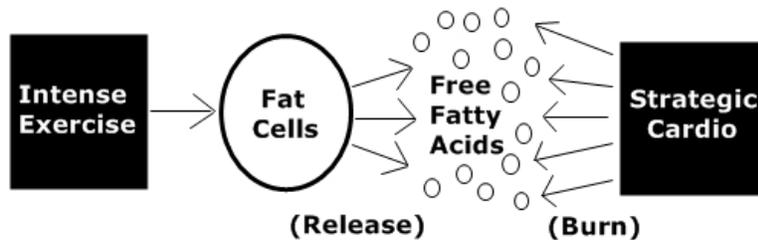
The only downside of density training listed in Step #1 of the [mini-course](#) ... is that this way of training doesn't burn many calories.

Remember...we are trying to maximize tension while minimizing fatigue when doing the lifting portion of the workout.

This means a decent amount of rest between sets...and since we are resting so long between sets, we aren't burning many calories.

Because of this, we need a special cardio routine that will release free fatty acids from our fat cells and then use those fatty acids for fuel...

Advanced Ninja Cardio



So I'll show you how to do exactly what this diagram outlines...all in the **cardio machine area of your gym.**

Step 1: Select a machine you can do intervals on. I recommend the exercise bike if you are a beginner. The treadmill for intermediates. The StepMill for those who are a little more advanced (not every gym will have a StepMill because they take up so much space).

Step 2: Decide on an alternate piece of cardio equipment that you will be using after you release the free fatty acids from the first machine (this will make more sense in a minute). A great choice is an elliptical trainer or treadmill.

What we are going to do is 15 minutes of interval training, followed by 15-20 minutes of slow and steady cardio.

- * The intervals are what release the Free Fatty Acids from the fat cells.
- * Steady cardio uses fat for energy and burns up those Fatty Acids.

This 1-2 cardio combo works wonders. You don't necessarily have to stick to just 15 minutes for the intervals (you could do as little as 5-10 or 20+). The main thing is that the intervals need to hurt. The steady portion can be as long as time allows, but I find that 15-20 minutes does the trick.

Here is what the interval portion looks like.

Minute 1: Walk at 3.5 mph

Minute 2: Jog 7.0 mph

Minute 3: Walk at 3.5 mph

Minute 4: Jog 7.5 mph

Minute 5: Walk at 3.5 mph

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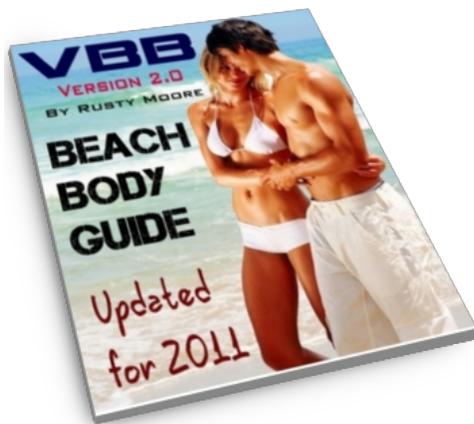
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Minute 14: Running Hard (10-12 mph)

Minute 15: Walk at 3.5 mph

So what you are doing here is walking (whatever is a medium pace walk for you)...and alternating it with jogging that gets faster each and every interval...ideally running pretty hard the last few sessions. For your steady state cardio portion, walk at a medium pace on a treadmill or elliptical.

I have created a **FREE Report** called “**Vacation Body Blueprint**”...



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Rusty Moore

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