



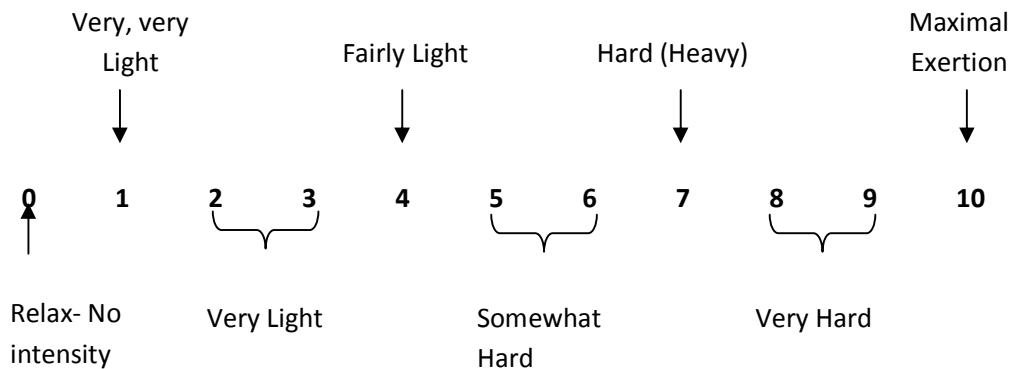
The Smart Cardio Fat Loss Program – The Better Way to Burn Fat & Save You Time

Before attempting this cardio program, please 100% understand the EXERTION SCALE below to ensure best results.

SO WHAT IS THE EXERTION SCALE?

Exertion Scale is a self-gauge scale which you use to determine how hard you are exercising at. Basically, the EXERTION SCALE is a 10-Point scale having 1 being the easiest (equivalent to sitting down on a couch doing nothing) and 10 is the absolute maximal intensity (Point of major discomfort- not able to talk at all). After understanding the EXERTION Scale from 1 to 10, you can do the following cardio program:

EXERTION SCALE



The Cardio Program

Cardio Component	Intensity	Duration	Notes
Warm-Up	3	5 min	
Sprints	8	30 sec	
Active Recovery	3	2 min	
Sprints	8	30 sec	
Active Recovery	3	2 min	
Sprints	8	30 sec	
Active Recovery	3	2 min	
Sprints	8	30 sec	
Cool Down	3	5 min	

Disclaimer: Consult your physician or medical health care professional before starting any exercise or nutrition programme. You must complete physical examination if you are sedentary, have high cholesterol, high blood pressure, diabetes, overweight, or over 30 years old.

Be sure to visit <http://www.tcpersonaltraining.com/blog/> and download your free fat loss revealed report.