



# STRONG SELVES

SPECIFIC  
TYPES  
OF CARDIO  
FROM BEGINNER  
TO ADVANCED  
TRAINEE



## 1 FASTED CARDIO

BEST TIME: Morning, 30 minutes.  
2-3 times per week.

It's the moderate pace cardio you do on an empty stomach

## 2 HIIT

BEST TIME: 15-20 minutes.  
2 times per week.

4 to 7 repetitions of high-intensity exercise (each repetition consisted of 30 seconds at near maximum effort) on a stationary bike, or doing sprint, or exercise

## 3 MODERATE PACE CARDIO 1

BEST TIME: right after weight training.  
2-3 times per week.

Jog or bike at your target THR for 30 minutes

## 4 MODERATE PACE CARDIO 2

BEST TIME: on the rest day.  
2 times per week.

Jog or bike at your target THR for at least 45 minutes