

The WOW Cardio Program

Use this program to get max results from your cardio training! Based on proven programs used by athletes around the world, the **WOW Cardio Program** uses intervals of faster and slower movement. Because this program can be intense, please consult your health professionals prior to starting. A sensible diet, sufficient sleep, and plenty of water will help you get the maximum benefits. This approach enhances cardio endurance, boosts metabolism, and helps shed unwanted weight.

Use a cardio machine that is **immediately responsive** to changes in your speed, such as an **elliptical trainer, exercise bike, or crosstrainer**. Equipment that moves at a steady rate, such as treadmills and stairclimbers, do NOT work well for this program. If using a programmable machine, set it to maintain a steady level of resistance throughout your workout. Use a modest difficulty setting, as this program will provide all of the additional challenge you need. Set the machine for a 35 minute workout. **Do NOT plan to watch the TV or read, as you need to watch the interval times.** Bring your favorite music instead!

In the program, “FAST” means **go as fast as you can for the duration of that interval**. “SLOW” means **slow down just enough** to start recovering, but no slower than you have to. Watch the timer and stick to the interval lengths. At the end of each workout, see how many miles/km you covered. Each time, cover more distance than the last time. Follow Phase 1 for 3-6 weeks, then Phase 2 for 3-6 weeks. **In each phase, get comfortable working through A before adding B, then add C when you feel ready.** Keep a record of your machine settings, the date and the distance covered each session.

Use the first 2-5 minutes to get comfortable and lightly warmed up on the machine. If you have worked out doing other exercises prior to this program, you can minimize the warm up time. If not, warm up a bit longer.

THE WOW CARDIO PROGRAM:

Warm up: 2-5 minutes per recommendations above.

Phase 1 (3-6 weeks)

A. 5 cycles of: FAST: 2 min
slow: 1 min

B. 5 cycles of: FAST: 1 min
slow: 30 sec

C. 5 cycles of: FAST: 40 sec
slow: 20 sec

Work Time: 27:30

Phase 2 (3-6 weeks)

A. 5 cycles of: FAST: 90 sec
slow: 40 sec

B. 5 cycles of: FAST: 50 sec
slow: 20 sec

C. 5 cycles of: FAST: 20 sec
slow: 10 sec

Work Time: 22:30

Cool down with 2-5 minutes at an easy pace, longer if you want to. **Don't stop suddenly** once your time is up. **STRETCH as part of your cooldown.** Take 10-15 minutes to loosen your legs, hips, glutes, and back. Stretching out will help prevent soreness and speed recovery. Work this program and in 6-12 weeks you'll be hearing a different kind of “WOW” from other people.

About the author:

Jason Erickson, CST, ACE-PT, NCTMB has been teaching Circular Strength Training since 2004. A personal trainer, yoga instructor, and massage therapist, he works with clients of all ages and levels of ability. He can be found at www.CSTMinnesota.com.

