

Novice Program 1 - Cardio

Limited equipment

This program is designed with the novice lifter in mind. The goal of this program is to familiarize the lifter with the basic mechanics of the training movements, establishing and reinforcing good form. The exercise form is fundamental to the training process, reinforcing good movement patterns to avoid potential imbalances, and to develop the mind-muscle connection ensuring that the intended target muscles are being stimulated.

With this focus in mind, the cardio regimen for this level of programming is also basic and will not be overly taxing. This allows the primary focus to be on the training, rather than the cardio. Training builds muscle. Muscle burns fat. For our current purposes cardio exists solely to facilitate weight training. Increasing your level of cardiovascular fitness will allow you to work harder under the bar with less recovery time in between. Less recovery time between sets can contribute to greater levels of muscle tissue activation and bigger pumps. This is the business we have chosen.

The following tables are interchangeable based on the activity you may want to do or have access to. Just select the activity you want to pursue, then the corresponding week to the week of your training and you will have the appropriate duration, frequency, and intensity level for the chosen activity. You can calculate your target intensity level by finding the corresponding percentage of maximum heart rate. Maximum heart rate is 220 minus your age. Low intensity cardio falls below 65% of your max heart rate. Moderate intensity cardio falls between 65% and 85%. The days you choose to do cardio are completely up to you. You can cardio on training days or on off days, before training, after training, or at a separate time from training. There is no right or wrong way to go about it at this stage.

Week	Cardio Activity	Time in minutes	Intensity Level	Days per week
1 - 2	Treadmill	20	Low to Moderate	2 to 3
3 - 4	Treadmill	20	Low to Moderate	2 to 3
5 - 6	Treadmill	25	Low to Moderate	2 to 3
7 - 8	Treadmill	25	Low to Moderate	3
9 - 10	Treadmill	30	Low to Moderate	3
11 - 12	Treadmill	30	Low to Moderate	3
Week	Cardio Activity	Time in minutes	Intensity Level	Days per week
1 - 2	Bike/Elliptical	15	Low	2 to 3
3 - 4	Bike/Elliptical	15	Low	2 to 3
5 - 6	Bike/Elliptical	20	Low	3
7 - 8	Bike/Elliptical	20	Moderate	3
9 - 10	Bike/Elliptical	25	Moderate	3
11 - 12	Bike/Elliptical	25	Moderate	3
Week	Cardio Activity	Time in minutes	Intensity Level	Days per week
1 - 2	Stepmill/Rowing Machine	15	Low	2 to 3
3 - 4	Stepmill/Rowing Machine	15	Low	2 to 3
5 - 6	Stepmill/Rowing Machine	20	Low	3
7 - 8	Stepmill/Rowing Machine	20	Moderate	3
9 - 10	Stepmill/Rowing Machine	25	Moderate	3
11 - 12	Stepmill/Rowing Machine	25	Moderate	3

