



# BODY RECOMPOSITION:

WHAT IS IT AND HOW TO ACHIEVE IT AT HOME

## BODY RECOMPOSITION WORKOUT ROUTINE

We recommend a combo of LISS cardio, HIIT cardio, + strength training.

Strength Workout A + HIIT Cardio <b>MON</b>	LISS Cardio + Stretch <b>TUE</b>	Strength Workout <b>WED</b>	Rest Day <b>THU</b>	Strength Workout C + HIIT Cardio <b>FRI</b>	LISS Cardio + Stretch <b>SAT</b>	Rest Day <b>SUN</b>
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### How to perform LISS

LISS INVOLVES ANY FORM OF ZONE 2 CARDIO

- 1** PICK A FORM OF CARDIO THAT YOU ENJOY DOING
- 2** DO THAT CARDIO FOR 30-60 MINS, BUILDING UP TIME AS TOLERATED
- 3** KEEP YOUR HEART RATE BETWEEN 60-70% OF YOUR MAX HEART RATE
- 4** SWITCH UP YOUR CHOICE OF CARDIO HOWEVER OFTEN YOU WANT

### How to perform HIIT

ANY FORM OF AEROBIC TRAINING THAT TAKES WELL TO HIGH SPEEDS

- 1** WARM UP WITH 5-10 MINS OF MODERATE INTENSITY CARDIO
- 2** BUILD UP TO YOUR SPRINT SPEED FOR 10 SECS, THEN GO ALL OUT FOR 20 SECS
- 3** REPEAT STEPS 2-3 FOR 8-12 INTERVALS. INCREASE SPEED, RESISTANCE, OR INCLINE TO KEEP THE CHALLENGE
- 4** \*NOTE: IT SHOULD ALWAYS FEEL CHALLENGING. ADJUST YOUR WORKOUT TO KEEP IT CHALLENGING

# Guide To Home Workout Routine Tools Comparison Organically Step By Step

**Thirumalaisamy P.**  
**Velavancorresponding**



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