



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 MON	LISS Cardio + Stretch TUE	Strength Workout WED	Rest Day THU	Strength Workout C + HIIT Cardio FRI	LISS Cardio + Stretch SAT	Rest Day SUN
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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

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