

Cardio Guidelines

Fat Loss Workout

45-75 min/session | 5-6 days/week | HIIT + Strength | Calorie Deficit
Rest: 30-60 sec (isolation) / 60-90 sec (compound)

#	EXERCISE	SETS x REPS
1	HIIT	2-3 times per week
2	Steady State Cardio	2-3 times per week
3	NEAT (Daily Activity)	Stay active daily

TRAINER RECOMMENDATIONS

- Create a calorie deficit of 300-500 calories daily
- Eat high protein: 1.6-2.2 g per kg of body weight
- Lift heavy, do HIIT, and stay active
- Drink 3-4 liters of water daily
- Sleep 7-8 hours every night
- Track progress every week - consistency is the key