



Cardio Burn

Create LEAN Cardio Workout



Time (minutes)	20 Minute Program		30 Minute Program		40 Minute Program		60 Minute Program	
	RPE	HR %	RPE	HR %	RPE	HR %	RPE	HR %
1-5 (0:00 – 5:00)	10	60-65%	10	60-65%	10	60-65%	10	60-65%
5-6 (5:00 – 6:00)	14	70-75%	10	60-65%	14	70-75%	10	60-65%
6-8 (6:00 – 8:00)	12	65-70%	10	60-65%	12	65-70%	10	60-65%
8-9 (8:00 – 9:00)	15	75-80%	14	70-75%	15	75-80%	14	70-75%
9-11 (9:00 – 11:00)	14	70-75%	12	65-70%	14	70-75%	12	65-70%
11-12 (11:00 – 12:00)	16	80-85%	15	75-80%	16	80-85%	15	75-80%
12-14 (12:00 – 14:00)	14	70-75%	14	70-75%	14	70-75%	14	70-75%
14-15 (14:00 – 15:00)	17	85-90%	16	80-85%	17	85-90%	16	80-85%
15-17 (15:00 – 17:00)	14	70-75%	14	70-75%	14	70-75%	14	70-75%
17-18 (17:00 – 18:00)	18	90%+	17	85-90%	18	90%+	17	85-90%
18-20 (18:00 – 20:00)	12	65-70%	14	70-75%	12	65-70%	14	70-75%
20-21 (20:00 – 21:00)			18	90%+	*Repeat 20 minute program 2x		18	90%+
21-23 (21:00 – 23:00)			12	65-70%			12	65-70%
23-24 (23:00 – 24:00)			17	85-90%			17	85-90%
24-26 (24:00 – 26:00)			14	70-75%			14	70-75%
26-27 (26:00 – 27:00)			18	90%+			18	90%+
27-30 (27:00 – 30:00)			12	65-70%			12	65-70%
							*Repeat 30 minute program 2x	

Create LEAN Cardiovascular Workout

RPE = Rating of Perceived Exertion (12 = Light, 14 = Somewhat Hard, 16 = Hard, 18 = Very Hard)

HR % = % of Maximum Heart Rate. To find Maximum Heart Rate, take 220 and subtract your age. That's your estimated Maximum Heart Rate.

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