

CHEATSHEET

THE STUBBORN FAT (CARDIO) PROTOCOL



Cardio is never actually fun, but sometimes I truly believe it can be necessary for switching things up, kicking your metabolism in the butt, and for getting a grasp (erm, maybe not the best word!?) on that stubborn fat that's on your body. This is a fat burning protocol inspired by the incredibly intelligent Lyle McDonald that I have used in the past before. This isn't something to be over-used; maybe once every couple of weeks as a little change up in routine.

Total time: 35-50 minutes

PART 1

Time: 10-15 minutes of HIIT (high intensity interval training)

Goal: to make this 10-15 minute time frame as challenging as possible; the time you are going hard, should be exhausting, like you cannot push yourself any harder. On a scale of 1-10, this is about a 9-10. (until you do the recovery portions)

HIIT time variations:

:30 sprint / :30 recovery (walking, light jog)

:20/:10

:20/:40

:40/:20

PART 2

Time: 5 minutes of recovery (stretching, use the foam roller)

Goal: to catch your breath and recover; you have just exerted a large amount of energy and the stubborn fat has started to loosen from your bones and organs; this is where we stretch (foam roll) out the fascia tissue to allow the fat to receive oxygen and exit your body.

PART 3

Time: 20-30 minutes of LISS (low intensity steady state)

Goal: an active recovery from the HIIT; you should be able to continue this pace without being short of breath; carrying a conversation throughout this entire time should not be a problem.

Cardio variations:

Treadmill walking (medium incline)

Elliptical (medium intensity, moving at a 'jogging' speed)

Treading water; light swimming in a pool

** try to avoid stationary machines like the recumbent bike; you don't get your entire body involved which may reduce the success rate of this protocol*

Courtney Ustrzycki is not a registered dietician or a physician, and this information should not be taken as professional medical advice. Courtney is not implying that this information will treat, cure or prevent any health complications. This is just information that has been learned, practiced and applied to her own nutrition as well as with a lot of her clients. The intent of document is to share the information that she knows, in hopes that the reader may benefit as well.

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