

## Cardiovascular Exercise Basic Rules

<u>Frequency</u> (how often)	<u>Intensity</u> (how hard)	<u>Duration</u> (how long)
5 Days/Week	85-90%	30-60 MIN
4-5 Days/Week	75-80%	30-45 MIN
4 Days/Week	30-40%	20-30 MIN
3-4 Days/Week	60-70%	20-30 MIN
3 Days/Week	60%	20 MIN

**INTENSITY:** ON A SCALE OF 1-10 (10 BEING HARD AS POSSIBLE)

1-2: Not tired at all- (10-25%)

3-4: A little tired- (30-40%)

5-6: Tired-( 60-80%)

7-8: Really tired-(85-90%)

9-10: So tired I cant go anymore- (95-100%)

**Minimum time:** 20 MINS per session.

**Maximum time:** 60 MINS per session.

**Carbs:** 55-60%

**Fats:** 30%

**Protein:** 10-15%

**Sodium:** 2400 Grams or less per day.

**LOTS OF WATER!**