



FOX FITNESS
TRAINING

■ ELLIPTICAL INTERVAL CARDIO PROGRAM

- Begin with a 5 minute warm-up. Perform 6-12 cycles. End with a 5 minute cool-down.
- Each cycle is 2 minutes long, and involves a fast interval performed at a higher resistance level, follow by a medium speed interval at a lower resistance level.
- Each workout, increase the time in the fast interval by 5 seconds, and decrease the time in the slow interval by 5 seconds.
- After the intervals are completed, you may perform steady state cardio for up to an hour.
- For best performance, perform cardio workouts 4-6 hours after your weight training session to take advantage of neural excitation. For convenience, cardio workouts may also be completed immediately after your resistance training session.

DATE	CYCLES	HIGH	LOW SPEED	FAST INTERVAL	SLOW INTERVAL	DISTANCE
	10			40	120	
	10			45	115	
	10			50	110	
	10			55	105	
	10			60	100	
	10			65	95	
	10			70	90	
	10			75	85	
	10			80	80	
	10			85	75	
	10			90	70	
	10			95	65	
	10			100	60	
	10			105	55	
	10			110	50	
	10			115	45	

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