



Gym Blue Cardio Mini-Guide

HIIT, Steady-State, & Mixed Cardio Programs for Maximum Results

Why Cardio Matters

Cardio helps you burn calories, improve heart health, and increase endurance. The key to fat loss is consistency, progressive effort, and a combination of training styles. You can succeed by mixing HIIT and steady-state cardio for optimal results.

1 HIIT (High-Intensity Interval Training)

Goal: Burn more calories in less time, boost metabolism, improve power and endurance

Structure: 20–25 minutes per session

- Warm-Up: 5 minutes (light jog, jump rope, dynamic stretches)
- Intervals: 30 sec max effort / 60 sec rest or light movement
- Sprint on treadmill
- Battle ropes
- Kettlebell swings
- Burpees
- Repeat for 4–6 rounds
- Cool-Down: 5 min walking + stretching

Tips:

- Aim for 2–3 HIIT sessions per week
- Adjust interval length based on fitness level
- Focus on form to prevent injury

2 Steady-State Cardio

Goal: Build endurance, strengthen the heart, burn calories steadily

Structure: 30–45 minutes per session

- Warm-Up: 5 min light cardio
- Main: Choose a moderate pace you can sustain:
- Jog or brisk walk on treadmill
- Stationary bike
- Stair Stepper
- Cool-Down: 5 min walking + stretching

Tips:

- Aim for 1–2 sessions per week
- Keep heart rate around 60–70% of your max
- Use this for active recovery or longer sessions

3 Mixed Cardio Program

Goal: Combine fat burning and endurance gains for overall fitness

Sample Weekly Schedule:

Day	Workout
Monday	HIIT: 20-25 mins
Wednesday	Steady State: 30 - 40 mins
Friday	HIIT: 20-25 mins
Saturday	Optional Steady State / Recovery 30 mins

Tips:

- Start with 1 HIIT + 1 Steady-State per week if new to cardio
- Gradually add intensity or volume as fitness improves
- Track heart rate and effort to monitor progress

Pro Tips for Success

- Always warm up before and cool down after workouts
- Hydrate before, during, and after cardio
- Pair cardio with proper nutrition and strength training
- Use Gym Blue tools like treadmills, bikes, rowers, or outdoor spaces to keep workouts fun

Optional Add-Ons for Extra Results

- Add core circuits at the end of steady-state sessions (planks, leg raises, Russian twists)
- Use resistance bands or dumbbells during steady-state for added calorie burn

Remember:

Cardio isn't about doing more it's about doing it strategically. Mix HIIT and steady-state sessions, stay consistent, and watch your fitness transform.