

# ONLINE FITNESS TRAINING CAMP



*Presented by Chris Gates Fitness*

## How to Choose the Right Cardio Style

### 1. Start With Your Goal

- General health: steady state or intervals with easy recovery.
- Fat loss: steady state or low-moderate intervals.
- Improve endurance: walk-run, ladders, tempo intervals.
- Stress relief: outdoor walking or adventure sessions.
- Short on time: 30/30, 20/40, hill intervals.

### 2. Pick What You Enjoy

- Outdoors: walking, running, hiking.
- Structure: treadmill, bike, rower intervals.
- Convenience: stairs, marching, jogging in place.
- Low impact: cycling, elliptical, incline walking.

### 3. Match Equipment

- No equipment: walking, stairs, at-home intervals.
- One machine: any interval structure works.
- Multiple options: rotate weekly.

### 4. Match Your Energy Level

- Low energy: steady state.
- Average: 30/30, 20/40, walk-run.
- High: ladders, tempo intervals, progressive steady state.

### 5. Consider Joints & Injuries

- Knee/ankle discomfort: bike, rower, elliptical.
- Running too intense: walk-run or mixed cardio.

### 6. Match Your Schedule

- 20 minutes: intervals.
- 30–45 minutes: steady state, ladders, progressive sessions.

## **Bottom Line**

Choose the style you enjoy, fits your lifestyle, and keeps you consistent.