



**REBOOT**  
**6 - WEEK**  
**CHALLENGE**

**CARDIO & STEP GUIDE**

# REBOOT 6-WEEK CHALLENGE | STEPS & CARDIO GUIDE

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# STEPS GUIDE

## Step 1: Calculate your initial baseline steps:

Add together **at least 3-days of step tracking** and divide this number by the number of days tracked.

For example : Fri = 7000 steps + Sat = 6000 steps + Sun = 5000 steps

Total for 3 days = 18000 steps / 3 days = baseline steps of 6000\*

*\*NB - If your steps have been abnormally high on any of the 3 days of tracking, use an average day of steps in its place to calculate.*

## Step 2: Calculate your target steps target from baseline:

- **Phase 1 - Weeks 1-2:** Add on 2,000 steps (approx 10-15 minute walk) to your baseline steps (e.g. baseline steps = 6000 steps + 2000 steps = 8000 steps)
- **Phase 2 - Weeks 3-4:** Add on 1,000 steps to your steps from phase 1 (e.g. phase 1 steps = 8000 + 1000 = 9000 steps)
- **Phase 3 - Weeks 5-6:** Add on 1,000 steps to your steps from phase 2 (e.g. phase 2 steps = 9000 + 1000 = 10000 steps)

**Alternatively, please feel free to use the following step guidelines for the challenge**

- **Phase 1 - Weeks 1-2** = 10,000 steps per day
- **Phase 2 - Weeks 3-4** = 12,000 steps per day
- **Phase 2 - Weeks 5-6** = 13,000 steps per day

# CARDIO GUIDE

**ALWAYS, ALWAYS prioritise resistance training over cardio.**

**During the challenge, you're only required to do cardio IF you have the time AND if you want that extra push to cutting the weight you want to lose faster, BUT remember that cardio isn't a requirement and you don't need to push yourself to doing it all.**

Here's a breakdown of the recommended cardio you should do based on the number of training days:

**Intermediate (4 days weights) = 2 days cardio + steps target**

**Advanced (5 days weights) = 2 days cardio + steps target**

One thing to note is that we are not aiming to be Olympians or cross fit champions. This cardio is designed to improve everyday fitness and balance your resistance training. If you have a busy schedule and have to miss a session, that is fine!

**Make sure you get ALL of your resistance training sessions in during the week as priority.**

**ALWAYS prioritise resistance training over cardio.**

## 4/5 DAYS WEIGHTS & 2 DAYS CARDIO

If you are planning to resistance train 4-5 times per week and want to add in cardio, we recommend adding 1 or 2 sessions into your week IF you are able to!

Ideally, we would like to try and add at least 1 session in per week to drive that calorie deficit. Again, this cardio is not 100% necessary for but it is a good addition.

In an ideal world, you will do your cardio and weights on separate days, so on your rest days, which you can see on your program breakdown in your home/gym training guide.

If you cannot do the cardio sessions on opposing days, your next best option is to do your cardio at a different time during the day. Ideally, we would say to do weights in the morning and cardio at night, but either way as long as they are 6 hours apart, you'll be fine!

If you can't separate your workouts during the day and have to do it all in one, single session, make sure you **do your cardio AFTER your weights - ALWAYS!**

Here is what your cardio will look like for the next 4 weeks:

### Phase 1: Weeks 1-2

- 2 x 30 minute Steady State (LISS) per week - Heart Rate 70% MAX

### Phase 2: Weeks 3-4

- 2 x 25 minute Intervals (Anaerobic) per week - 45 seconds 100% on + 90 seconds slow and easy recovery

### Phase 3: Weeks 5-6

- 2 x 25 minute Intervals (Anaerobic) per week - 45 seconds 100% on + 90 seconds slow and easy recovery

# **BREAKING DOWN THE CARDIO:**

## **LISS - STEADY STATE**

For our aerobic work, we want our MAX heart rate to be 70% of your max heart rate. Now, how we work this out is with the following equation:

220 minus your age = your max heart rate (bpm). Then we take 70% of that and there is your answer!

For example - if you are 35, you would do  $220 - 35 = 185$  bpm. 70% of 185 ( $0.7 \times 185$ ) = 129.5, meaning your 70% heart rate would be 130 bpm.

Now, our goal is to spend the majority of our aerobic session within a few bpm of this 70% mark. Spend 3-5 minutes warming up on your cardio machine, working up to that heart rate. Once heart rate is achieved, THEN the time period begins for the cardio session.

## **INTERVALS**

For our interval work we require cardio machines which will allow us to work really hard for a short period, then back right off for the recovery period. In order to work hard in the “sprint” component of an interval, I like to increase resistance on a machine such as a bike or X-Trainer. For the interval sprint on a cardio machine, it is not just about going faster, but also making it more difficult (which is what we want for a short interval) by increasing resistance.

An example of this on the exercise bike would be something like this:

**----> Sprint (harder working and shorter period) - Resistance Level 15**

**----> Recovery (slower and longer period) - Resistance Level 5**

With interval training, it is imperative that we do 2 things:

1. We spike the heart rate right up for the sprint interval.
2. We allow the heart rate to come right down in the recovery period.

# CONGRATULATIONS ON COMPLETING THE RESET 6-WEEK CHALLENGE – WHAT'S NEXT?

First and foremost, congratulations on completing this RESET Challenge! We are SO proud of you and all the hard work you put in. You should be proud of yourself too!

So take a moment to celebrate what you just accomplished. Look back at all those workouts you crushed, and all the progress you made. And... Just know that this is only the beginning for you!

So you might be wondering, **WHAT'S NEXT?**

After completing a REBOOT Challenge, the best next step is to keep going.

**We have a few options for you to consider:**

**1) Attend one of our in-person training sessions** - if you're local to Taunton/Wellington, we have many options to train with us in person during the week to keep you moving forwards.

**2) Book a 1:1 consult with Emma for 50% off** - Feel you need some extra support with your nutrition, hormones, or skin? As a challenge member, you get access to consults with Emma at 50% off. Simply [CLICK HERE TO BOOK](#)

**3) Join our online community** - we add new workouts into the community frequently, so you'll always have something to suit your goals and time available. You can sign up by [CLICKING HERE](#)

**3) Continue the current challenge for another 2-3 weeks MAX** – if you want to do another few weeks, go for it! BUT after that, you need to move into a maintenance phase as you CANNOT and SHOULD NOT always be in a fat loss phase.

As always, if you need any help at all, please do not hesitate to reach out.

Ben and Emma xx