

BENEFITS OF DIFFERENT TYPES OF CARDIO

@cheatdaydesign



High Intensity Interval Training

- ✓ Done In Less Time
- ✓ Can be Performed Nearly Anywhere
- ✓ Burns Calories



Fasted Cardio

- ✓ Easy On The Stomach
- ✓ Can Be Done First Thing In The Morning
- ✓ Burns Calories



Low Intensity Steady State

- ✓ Easiest To Do
- ✓ Lower Risk of Injury
- ✓ Burns Calories



Group Classes

- ✓ Scheduling Holds You Accountable
- ✓ Fun With Friends
- ✓ Burns Calories



Moderate Intensity Steady State

- ✓ Improves Endurance
- ✓ Wide Variety of Options
- ✓ Burns Calories



Active Rest Workout

- ✓ Performed Between Sets To Shorten Workout Time
- ✓ Helps Prevent Workouts From Getting Boring
- ✓ Burns Calories

WHICH TYPE OF CARDIO IS THE BEST?
THE ONE YOU ACTUALLY DO.