



**VISUAL IMPACT**  
==MUSCLE BUILDING==

**Muscle Building Special Report #5**

# **“Fat Torching Cardio”**

# Note from Rusty

Hey guys...this is actually one of the books that comes with my newly released women's course... [Visual Impact for Women](#).

The cardio section of my women's course goes above and beyond what I talk about in *Visual Impact Muscle Building*. I thought it would be cool if I gave it to you guys as well...but didn't want this publicly announced.

This is a 3 month “progressive cardio” program that gets really brutal at the end...but will absolutely get you ripped (as long as your diet is decent).

My advice is to start it mid way through phase 2...but feel free to start it at any point.

**-Rusty**

**Note:** More Visual Impact “tweaks” coming your way!

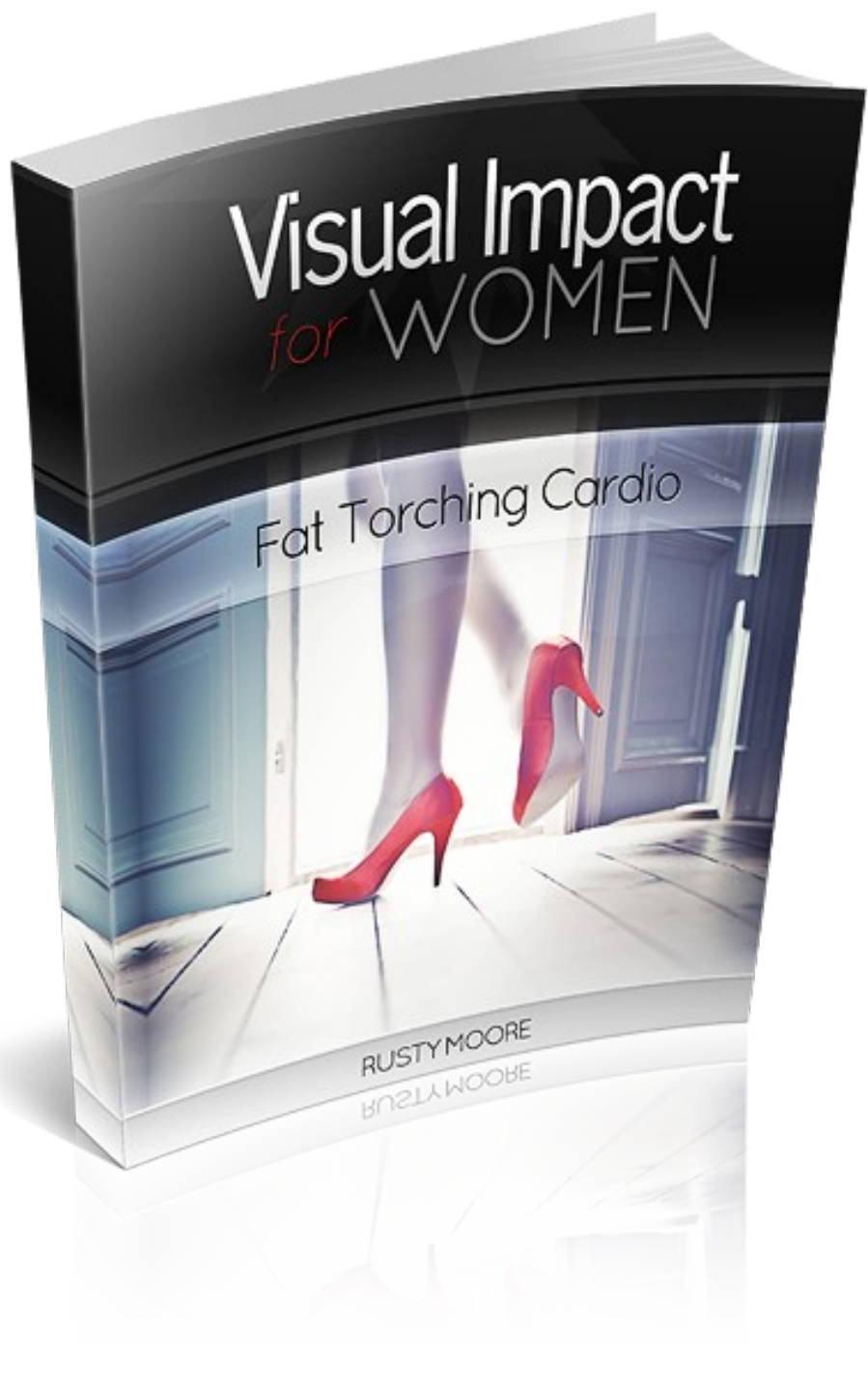
Special Report Links so Far (in case you missed them)

**Special Report 1:** [Same Workout, More Fat Free Muscle](#)

**Special Report 2:** [When to Go “Nutty” With Workout Volume](#)

**Special Report 3:** [Deep Six Pack Abs Report](#)

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If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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# Introduction

I originally created this cardio program to be done 12 weeks out from an event (a wedding, summer, a tropical vacation, etc.) It is in a 12 week format and works extremely well when used in that manner.

**...but you don't have to progress through this program in 12 weeks.**

I know a lot of women reading this won't have an event coming up at all and will simply want to stay in top shape year-round. What I would suggest is to pick a cardio routine that suits your fitness level and then slowly move to the next higher level.

**A good starting point for women in great shape is week 3 or week 4.**

To be honest, this is the level I maintain most of the year as well. You can master this and use this most of the year...and then simply progress through the following 8 weeks when you are nearing summer or a trip. As always...everything can be tweaked as well.



**So why am I such a big fan of cardio?**

Cardio has really been bashed these past 5-6 years. I understand where people are coming from. The typical “walk on a treadmill at target heart rate” approach does suck for fat loss, if that is all you do.

...but I endorse a much more effective form of cardio that burns fat on demand (I am currently in the process of rewriting a product that I released privately to my newsletter). This “strategic cardio” program is a much higher level approach to cardio and fat burning. This bonus report uses some of the same strategies, but is condensed into an easy to follow 12 week program.

### **The problem with circuits and intervals with weights.**

They will create the afterburn effect, boost HGH, etc. The downside is that they can also add muscle on parts of your body that you want slim. They can also interfere with your regular resistance training workouts. You simply can't fine tune, like you can with cardio machines.

**I have no doubt that I will make a believer out of you!**



The main *Visual Impact for Women Manual* is going to shape the muscle and get the fat loss process started. Add in some advanced cardio right after that and you will give your body no choice but to burn body fat.

**Enjoy the Report :)**

RUSTY MOORE

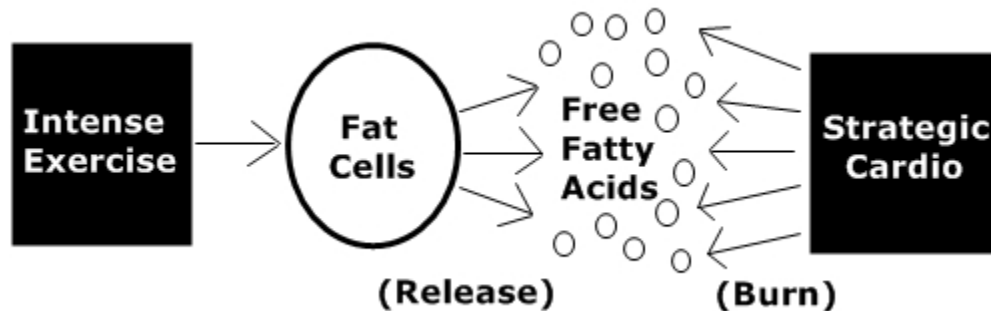


# Week 1

## Steady State Cardio

I talk about some of this in the main manual, but here is a bit of a refresher...

Let me show you a diagram.



So intense exercise burns calories, it burns fat...and releases free fatty acids into the blood-stream.

It does burn some of these free fatty acids, in fact a good portion of them...but ***any free fatty acids that aren't burned during training get redeposited back into the fat cells.***

...so adding in steady cardio after this intense resistance training is a way to “cherry pick” these released free fatty acids...and burn them for fuel.

**In Week 1...all I want you to do is walk at a steady pace for 20-30 minutes on a treadmill or elliptical (or equivalent) right after you finish each *Visual Impact* workout.**

## Week 2

# Increasing Aerobic Capacity

Did you know that the better shape you are in the more fat you will burn doing the *exact same activity*?

**So what is VO2 Max?**

Simply put: It is how much oxygen you can use per minute. Fit people can use more oxygen per minute than people who are out of shape.

At some point when you exercise intensely enough your body “maxes out” on how much oxygen it can use. As you get more aerobically fit, you are able to use more oxygen. It has a higher “max”. Make sense?

Bottom Line: If you can increase your VO2 max, you can increase the calorie burning effect of any activity you do. Here is a link to an article that explains this in detail on [USA Today](#).

**The best way to increase VO2 Max is by using Aerobic Intervals.**

This isn't short interval bursts which we will do in later weeks (to boost HGH for fat loss). These are intervals of 3-5 minutes working until you are out of breath, alternated with 2-3 minutes of walking.

**So for Week 2...** Hop on a treadmill, exercise bike, elliptical, step mill, and alternate 4 minutes of medium to high intensity with 3 minutes of walking level intensity. You will do this for 30 minutes (give or take 5 minutes). You will do this after 2 of this week's workouts.

**Note:** The intense 4 minute sessions should be just had enough to where you are breathing hard, but don't overdo the intensity. We are trying to increase aerobic capacity without over-training our leg muscles.

# Week 3

## HIIT Level 1

**So now we are going focus on increasing HGH levels (fat burning hormone)**

(We aren't going to push too hard, it will get tougher in later weeks.)

**So here is what we will do.**

- Hop on a treadmill (or cardio machine of your choice).
- Walk for 1.5 minutes. Level 3.5 on a treadmill as an example.
- Jog for 30 seconds. Level 7.0 as an example.
- Walk for 1.5 minutes. Level 3.5 as an example.
- Jog for 30 seconds. Level 7.0 as an example.
- Keep alternating like this for 20-30 minutes.

**So This is an Introduction to High Intensity Interval Training...**

I don't want you to push too hard this week on the jogging part. Aim for a quick jog, but don't run at this point. If you are using an exercise bike or Elliptical...use the equivalent intensity level as a “walk” and a jog.

**Note:** You will do this after 3 workouts this week, since it shouldn't be too intense. Again...even if you want to push hard, don't at this point. We need some room for growth to add in intensity later as you get in better shape.

# Week 4

## HIIT Level 2

**So now we are going to up the intensity a little compared to last week.**

...We are also going to really push the “after burn effect” here. So this workout will be the same intensity level, but with shorter rest periods between each interval.

**You want to hit the tough interval while you are still catching your breath.**

This type of training causes “Oxygen Debt”. When you are pushing hard even when you are short of breath, your body responds by burning many more calories than normal after your training session.

I could write a whole book on this, but the main thing to understand is that this type of training burns calories long after the workout is over.

**Here is what this looks like.**

- Hop on a treadmill (or cardio machine of your choice).
- Walk for 60 seconds. Level 3.5 on a treadmill as an example.
- Jog for 30 seconds. Level 7.0 as an example.
- Walk for 60 seconds. Level 3.5 as an example.
- Jog for 30 seconds. Level 7.0 as an example.
- Keep alternating like this for 20-30 minutes.

So all we did was decrease rest. So the work to rest ratio is larger. You should be jogging a little bit before you want to. This will ensure that by the end of your workout you will have achieved a good amount of “oxygen debt.”

## Week 5

# Increasing Aerobic Capacity Part II

**So just like in Week 2 we are aiming to increase our VO2 Max.**

Remember increasing our VO2 Max makes every exercise we do a more potent fat burning activity.

**So today I am going to introduce you to “Pyramid Intervals”**

The reason I call them pyramid intervals is because when I do these on a Stepmill machine the video graph winds up looking like 4 or 5 pyramids, by the time I'm done.

So these kind of suck...but in a good way. We are going to do these for 30 minutes. I think the Stepmill machine works best if you have one, but this can be done on any piece of cardio equipment. Here's how it will look.

- One minute at a walking pace. Level 8 on a Stepmill as an example.
- Increase by one level for one minute. Level 9 on a Stepmill.
- Increase by one level for one minute . Level 10 on a Stepmill
- Keep increasing by one level for one minute, until it gets tough, then...
- Decrease by one level for one minute. Level 14 if you reached 15.
- Decrease by one level for one minute. Level 13
- ...work your way back down to starting level. Level 8 in this example.
- Work up again and repeat this process a few more times.

I started doing these on the Stepmill at the end of this summer and this works wonders. You increase VO2 Max, HGH boost, burn calories like mad. It is a tough, but effective way to do cardio.

**Note:** This works on any piece of cardio equipment, but you can't cheat on the Stepmill. Do this after 3 workouts this week.

# Week 6

## “One Step Back” Cardio

**So we are going to back off in intensity this week.**

After week 5, there is a good chance you will be rundown. Those “pyramid intervals” are brutal.

**Time to give our body a little break.**

If we kept pushing the intensity it is vary likely that we would have hit a fat loss plateau.

The best way to avoid a plateau in weight loss is to take one step back in order to take many steps forward. This is how weight loss happens...you zig-zag your way to your goal. It's never a linear path.

**So really we are simply going to repeat what we did in week 1.**

**For Week 6...**Once you are done with your workout , simply walk at a medium steady pace on the treadmill or any other piece of cardio equipment of your choice for 20-30 minutes. Do this after three *Visual Impact* workouts.

# Week 7

## HIIT Level 3

**Time to do some serious HGH boosting (Please don't hate me)!**

So let's recap the levels of HIIT we have done so far:

- HIIT Level 1: Tough for 30 seconds, easy for 90 seconds.
- HIIT Level 2: Tough for 30 seconds, easy for 60 seconds.
- HIIT Level 3: Tough for 30 seconds, easy for 30 seconds.

So this week in level 3 we are going to use a 1-to-1 ratio of work to rest. This is quite a bit tougher than the other levels. That 30 seconds rest will go by quickly...it feels more like 5-10 seconds.

We are also going to *increase the intensity of each work set* as we progress through this workout.

- Hop on a treadmill (or cardio machine of your choice).
- Walk for 30 seconds. Level 3.5 on a treadmill as an example.
- Jog for 30 seconds. Level **7.0** as an example.
- Walk for 30 seconds. Level 3.5 as an example.
- Jog for 30 seconds. Level **7.5** as an example.
- Walk for 30 seconds. Level 3.5 as an example.
- Jog for 30 seconds. Level **8.0** as an example.
- Keep alternating like this for 20-30 minutes.

So since the intervals are shorter, let's keep this down to 15-20 minutes. After this 15-20 minute HIIT workout, pick another piece of cardio equipment and simply walk for 10-15 minutes to take advantage of the release fatty acids from these intense intervals. I usually keep the total cardio to 30 minutes at this stage, so walk for 10 if you did 20 min HIIT and walk for 15 min if you did 15 min HIIT.

# Week 8

## HIIT Level 4

**So here is a 1-to-1 ratio of HIIT but for one minute intervals.**

So it is hard to say whether one minute intervals are tougher than 30 seconds intervals. You do have to push hard for 60 seconds, BUT you also get 60 seconds active rest in between the work sets.

This is exactly like Week 7, but we are simply doing each part of the interval for 60 seconds instead of 30.

- Hop on a treadmill (or cardio machine of your choice).
- Walk for 60 seconds. Level 3.5 on a treadmill as an example.
- Jog for 60 seconds. Level **7.0** as an example.
- Walk for 60 seconds. Level 3.5 as an example.
- Jog for 60 seconds. Level **7.5** as an example.
- Walk for 60 seconds. Level 3.5 as an example.
- Jog for 60 seconds. Level **8.0** as an example.
- Keep alternating like this for 20-30 minutes.

**Note:** Since the intervals are longer, I would recommend 20-30 minutes. If you wind up doing 20 minutes, then follow up with 10 minutes of steady state cardio. If you are a sicko and can handle 30 minutes of this torture, then reward yourself by crawling out of the gym. No extra cardio needed.

Also...if you do wind up doing a pure 30 minute session, then just do 2 total HIIT workouts this week after your *Visual Impact* workouts. You don't want to over-train by having too many intense workouts in the same week. You can simply walk for 30 minutes on the other day.



# Week 9

## Hybrid Cardio Level 1

Since we have one month to go in the program, it is time to really push hard for the finish line.

Everything done up until now has built up to this point. You should now be at the point where you have developed some *fat loss momentum*. We are going to “strike while the iron is hot”...so to speak.

**We are going to use a variety of the toughest cardio workouts.** This way we can push your body hard without over-training. If we did the exact same brutal cardio workout all three days, you would become mentally and physically exhausted.

**Day 1 Cardio:** We are going to use the “pyramid intervals” from week 5. You will do these for 30-40 minutes today. Remember, you start at a level of walking, then increase the level by one each minute until your legs are burning...then decrease by one each minute until you reach the starting speed. You repeat these pyramids until your time is up.

**Day 2 Cardio:** One minute HIIT intervals using a 1-to-1 ratio. So one minute of running alternated with one minute of walking. You will also gradually increase the speed of each run as you progress through the workout. Do this for 20 minutes, followed by 15-20 minutes of steady state cardio.

**Day 3 Cardio:** 30 second HIIT intervals using a 1-to-1 ratio. So 30 seconds of running followed by 30 seconds of walking. So 15-20 minutes of this with 15-20 minutes of steady state cardio.

**Note:** If you are feeling exceptionally worn down, decrease the time you are doing the HIIT and increase the time doing steady state cardio.

# Week 10

## Hybrid Cardio Level 2

So we are going to add in something extra after our intervals, to make things tougher than last week.

With only three weeks to go, we are pushing the envelope a bit this week.

You wouldn't be able to train at this intensity level on a long-term basis without over-training...but it is fine to do this for a few weeks at a time.

**Day 1 Cardio:** (Same as last week) The “pyramid intervals” from week 5. You will do these for 30-40 minutes today. Remember, you start at a level of walking, then increase the level by one each minute until your legs are burning...then decrease by one each minute until you reach the starting speed. You repeat these pyramids until your time is up.

**Day 2 Cardio:** One minute HIIT intervals using a 1-to-1 ratio. So one minute of running alternated with one minute of walking. You will also gradually increase the speed of each run as you progress through the workout. Do this for 20 minutes, followed by 10 minutes of steady state cardio. After this...**add 10 more minutes of intervals** <---this will insure a maximum “afterburn effect”...some serious calorie burning.

**Day 3 Cardio:** 30 second HIIT intervals using a 1-to-1 ratio. So 30 seconds of running followed by 30 seconds of walking. So 15 minutes of this with 15 minutes of steady state cardio. After this...**add 10 more minutes of intervals**<---You know you love it!

**Day 4 (optional):** If you don't feel completely run down, then add in 60 minutes of steady state cardio. Just walk on a treadmill or elliptical for an hour. Work up a light sweat and burn some calories without killing yourself. Chose a day where you aren't doing your *Visual Impact* workout.

# Week 11

## Hybrid Cardio Level 3

So this week we are going to do 4 intense cardio sessions, with an optional day 5 (if you want a bit more calorie burning).

So we are going to do two days of VO2 Max training (pyramid style)...these are probably the most draining and highest calorie burning workouts in this entire cardio program.

When I do these on the Stepmill it shows that I burn 700-800 calories in one 45 minute session. I am going to have you do two of these workouts this week, along with two HIIT workouts.

**Day 1 Cardio:** The “pyramid intervals” from week 5. You will do these for 30-40 minutes today. Remember, you start at a level of walking, then increase the level by one each minute until your legs are burning...then decrease by one each minute until you reach the starting speed. You repeat these pyramids until your time is up.

**Day 2 Cardio:** Same “pyramid interval” workout as Day 1, but really see if you can push the envelope and go one level higher than your highest intensity level yesterday. When I do these on the Stepmill, I usually don't go past level 15...but every once in a while I hit level 16 or 17. This is your special, “every once in a while” day. Enjoy :)

**Day 3 Cardio:** One minute HIIT intervals using a 1-to-1 ratio...increase the speed of each run as you progress through the workout. Do this for 20 minutes, followed by 10 minutes of steady state cardio. After this...*add 15 more minutes of intervals.*

**Day 4 Cardio:** 30 second HIIT intervals using a 1-to-1 ratio. So 15 minutes of this with 15 minutes of steady state cardio. After this...*add 15 more minutes of intervals*

# Week 12

## The Kitchen Sink

**So this is the final week of the 12 week program and so lets go above and beyond a typical week.**

... I realize that the past couple of weeks have been tough. This isn't a level that can be maintained year round. After this week, you will want to take a breather, perhaps just some mellow steady state cardio.

This week, try to get into the gym for 5 days in a row...M-F

**Day 1 Cardio:** Exact same pyramid intervals from last week's day 1.

**Day 2 Cardio:** Exact same “pyramid intervals” from last week's day 2.

**Day 3 Cardio:** One hour of medium intensity steady state cardio. Jog on a treadmill or Stepmill above your target heart rate. This isn't as fast as a run or as slow as a walk. Go about as hard as you can maintain for an hour.

**Day 4 Cardio:** The One minute 1-to-1 ratio HIIT from last week. Aim for a total of one hour, by extending either the intervals or steady state portion.

**Day 5 Cardio:** 30 second 1-to-1 ratio HIIT from last week. Aim for a total of one hour, by extending either the time doing intervals or steady state cardio.

**Congratulations...You are done!**

Make sure and read the last chapter about ways to adjust this depending upon your goals and ability to recover.

# Final Thoughts and Tips

**You don't have to follow this program to a “T” to get great results.**

This 12 week cardio setup, simply progresses from easy workouts that anyone can do, up to a pretty hardcore combo of intervals.

You could tweak this in a number of ways.

- You could have two weeks of “one step back” recovery cardio to prep for the more intense cardio in the following weeks.
- You could simply never do more than 3 days per week.
- You could keep the HIIT ratios with more rest to work.
- You could work your way up to HIIT level 4 and stick at that level for the remainder of the course.
- You get the idea...

Don't push to the next level unless you are ready. My guess is only a portion of the people reading this report will reach the higher levels outlined here.

It is fine, for instance to stick at HIIT level 2 for a couple of weeks before moving on to the next harder week.

**This little 12 week cardio blueprint will work wonders for you.**

You will love it & you will hate it all at the same time!

Enjoy :)

**-Rusty**