

Let me simply state that the nutrition and lifting plan will get you into absolutely amazing condition. In fact, if you were to just nail the nutrition and training you would achieve each and every one of your physique goals.

So where does cardio come into play? Well cardio can help speed up fat loss a little bit. More importantly, to experience the fasted rate of fat loss, it's not optimal to be sitting down all day. Not in the least.

The key isn't necessarily cardio, the key is being active. There is nothing magical to going for a hard 30-60 minute run. There is nothing magical to doing intense interval training.

Not in the least. The lifting supports the muscle mass. The nutrition supports fat loss and training performance. Cardio just helps burn additional calories.

So there is no reason why you need to kill yourself doing intense cardio or circuit training. All that does is hamper recovery and make your appetite ravenous.

### The First Option

My preferred cardio strategy is to go for a 40-60 minute walk per day. If it's nice out this is very enjoyable. You can walk with a friend or listen to a podcast.

The benefit of walking is that it is enjoyable, it doesn't negatively impact recovery abilities and it doesn't increase appetite.

If it's cold outside or you prefer to go to the gym, then I'll do 40 minutes of incline walking. I'll usually do this by walking at 3.8mph and starting with a 2 degree incline. After the first 10 minutes, I'll increase the incline by 1 degree every minute for 10 minutes. Then, I'll start going down by 1 degree every minute, until I'm back down to a 2 degree incline. Finally I'll finish off with 10 minutes at a 2 degree incline.

Now you don't need to do this incline walking every single day. You can do it simply on your rest days. On your lifting days, you are going to be burning

### The Other Option

The other option is to play sports or practice skills on your rest days. If you play basketball, hockey or any active sport for that matter, then you can absolutely do those activities to increase your calorie burn.

Think of any cardio/activity as bonus. Don't try to eat more because you burned a few hundred calories playing sports. It's a bonus. In fact, in the calorie calculations, I based them off a moderate level of activity (one hour of exercise/walking per day).

So don't think because you did an hour of activity, that it means you can eat more on the diet plan.