

SUPERHERO

Bulking Program

Cardio For

Superhero Bulking

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KINOBODY
FITNESS SYSTEMS

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Cardio for Superhero Bulking

After the initial release of Superhero Bulking, I subsequently received several emails from customers and loyal readers telling me how much the program kicked ass!

Within a few weeks I was already getting an amazing amount of positive feedback. People were blasting personal records in the gym and noticing muscle gains within a few weeks.

That said, I also encouraged customer feedback...

What could I do to make this course more badass?

What else would you want me to cover in it?

Hands down, one thing that a staggering amount of people wanted was a **cardio program to utilize with the training routine**.

I never put together a formal cardio program because I didn't find it to be necessary. The Superhero Bulking Program is about building the body of a superhero and developing superhero-like strength.

Cardio will not help you accomplish either of those tasks. In fact, generally, cardio is not the best time investment. Instead my recommendation was to encourage people to be moderately active on their rest days.

This means going for walks, participating in leisure activities or sports or picking up a new skill! The options are endless.

Hiking, martial arts, yoga, basketball, dancing...

The thing is, creating an incredible physique only requires three intense workouts per week. That's it. If you want to be active outside of these three formal workouts, I recommend doing something enjoyable.

Killing two birds with one stone. That said, many people are interested in maximizing their conditioning too. They want to have the strength, have the physique and also be in great cardiovascular shape.

Well... this is for them!

How You Can Build Cardio With Very Little Training

Here's the deal – almost everyone I come across, fitness enthusiasts, personal trainers and even some renowned coaches – *they all like to do a lot more work than what is necessary.*

It's just amazing how little training you have to do to induce a positive adaption. In fact, this is where I must give Tim Ferris credit. While I don't agree with much of what he wrote about in *Four Hour Body*, the one thing he nailed was the minimalism approach.

With building conditioning, I recommend just two workouts per week. Nothing more! A third, fourth or even fifth will give you nothing else.

In fact, it will only deduct from your strength and muscle gains. There is even research showing that high level soccer players

can maintain their conditioning in the off season off one interval workout every fourteen days.

Wednesday (Mini Conditioning Workout)

I recommend performing one “mini conditioning” workout per week. (And one longer one!) For the mini cardio session I would perform it on Wednesday after your leg workout. This shouldn’t take more than 10-15 minutes.

Option One:

- Bike – 30 seconds hard / 60 seconds easy x 6 (9 minutes total)

Option Two:

- Jump Rope – 60 seconds fast skipping / 30 seconds light skipping x 6 (9 minutes total)

Option Three:

- Treadmill – 1:15 walk / 00:45 sprint x 5

Saturday (Longer Conditioning Workout)

Saturday would be the ideal day to place the longer conditioning workout because you will have Sunday to rest completely before hitting your next workout on Monday. Here is what I would suggest for this session.

Step One – Intense Intervals

- 6 x 400m intervals with 2 minutes rest in between
...or...
- 6 x 1 minute sprint / 2 minute walk on a treadmill

Step Two – Light Cardio

- 20 minutes of brisk walking, incline walking on a treadmill or light jogging or skipping. *You can also do the elliptical or a cardio machine of choice.*

Another Option

If you're like me, you're more interested in sprinting and jumping prowess, I would suggest doing a sprint/jump-oriented workout on Saturday. This would be as simple as practicing sprints and jumps.

Step One – Jumps

Build up to a max vertical jump for height. Start light, do some skipping or light jogging, followed by some light hopping and jumping jacks and high knees. Next start practicing your vertical jumps. Once you feel like you're losing power, stop! This usually will happen around 6-10 jump attempts.

Step Two – Sprints

Find a safe 40-60 yard stretch to sprint. You can do flat sprints or hill sprints, both are effective! Start with a feeler sprint where you gradually build up from a slow jog to full speed. Next perform 2 full out sprints with 3 minutes of rest in between.

Step Three – Walking

Get 20-30 minutes of brisk walking for maximum fat burning and then you're done! Simple, and super effective. Another

option would be to plan some basketball or football. So after your jumps and sprints you can play or practice sports for 20-30 minutes.

“Will this really work, Greg?”

Yes! This type of training, interval training, is brutally effective for building both anaerobic and aerobic endurance. In fact, after a few weeks of following this simple cardio routine, your endurance will increase across the map.

Your one-mile time will drop and your three-mile time will drop. But wait, how can you get better at running for 6-20+ minutes if you're only doing short intervals with longer rest periods?

The problem is, with traditional cardio you're only challenging your body during the end of your run. With this style of interval work, you are spending more time in a challenging state. Within the first 10-20 seconds of an interval, it should feel tough.

This is what is required to build endurance! If you don't believe me, test your one mile run or three mile run, then follow this routine for 6 weeks!

Unless you're already doing a mile in under 6 minutes or running 3 miles in under 22:30 then you should see some solid progress.