



This workout incorporates cardiovascular training in conjunction with weight training. Do this workout in the weight room. Between every turn on free weights or weight machine, follow with three minutes on a piece of cardio equipment (e.g., treadmill, stair stepper, stationary bike, jump rope). The cardio workout minutes should be aimed at a zone 3 effort. After three minutes of cardio work, return to the weights. Continue this pattern for 60 minutes or until you have completed your normal weight room routine.

The weightlifting portion of this workout will probably not accrue minutes in the higher heart zones. So to figure HZT points, we have to estimate some factors. In a 60-minute workout, we estimate 10 cardio sessions at three minutes each, for a total of 30 cardio minutes. Cardio sessions are to be done in zone 3, meaning 90 HZT points for the cardio portion of this workout. The remaining 30-minute period of the workout is estimated in zone 1 or 2. Using zone 2 for these 30 minutes of exercise, that's another 60 HZT points. Adding these together, the workout is worth 150 HZT points.

Try different combinations of weights to see if there are any significant variations in your heart rate. For example, do upper-body lifts and compare your heart rate numbers with those of lower-body lifts. If you are using a wrist monitor, this may be difficult to monitor on your own, so you may want to find a partner to record your heart rate. Remember what we learned about cross talk: if you are both wearing transmitters and are within 32 to 36 inches (81 to 91 cm) of each other, interference may scramble the data.

## Questions

In what order did you do the weights this time, and how will you change it next time?

List some of the heart rates you noted. How much did your heart rate drop between the weightlifting and cardio portions?

How does this workout fit with your long-term fitness goals?