

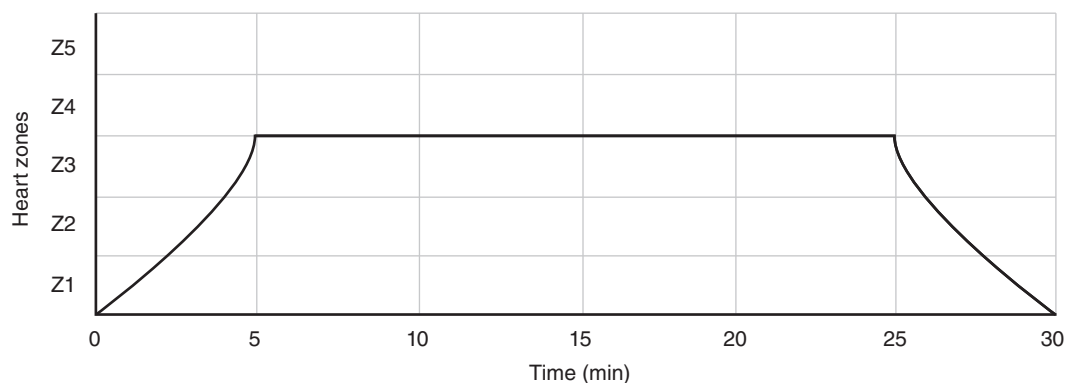
PLATEAU WORKOUT



The purpose of this workout is to burn fat and improve muscle endurance. When you work in zone 3, you are burning lots of calories in the form of carbohydrate and fat. So, if one of your personal fitness goals is to lose weight and increase your muscle endurance, workouts in zone 3 are a must.

Instructions

This 30-minute workout is called a plateau workout because the shape of the workout profile is that of a plateau. Start with a five-minute warm-up, building to the ceiling of zone 3, and then maintain that plateau for 20 minutes. Finish with a cool-down for another five minutes. Steady-state aerobic (zone 3) fitness training builds your cardiovascular base while simultaneously using calories as a major energy source. This workout can be done on any piece of aerobic equipment and can help you achieve other fitness goals if done in zone 2 or 4.



| Workout segment | Time in zone (min) | Zone | HZT points |
|-----------------|--------------------|--------------|------------|
| Warm-up | 5 | 2 (midpoint) | 10 |
| Main set | 20 | 3 (ceiling) | 60 |
| Cool-down | 5 | 2 (midpoint) | 10 |
| Totals | 30 | Two zones | 80 |