



THE BURN

Whether you crave a beach body or just want to feel fit and vibrant, The Burn plan will help you reach your goal faster. Each plan is just 8-weeks and comes as a downloadable and printable .pdf for all fitness levels. Each plan was designed by our expert heart rate and fitness team to ensure you burn as much fat as humanly possible for every given bead of sweat.

ADVANCED DESIGNED FOR SEASONED FAT BURNERS

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	40 min	Rest	40 min	Cross Train	Rest	40 min	40 min
2	45 min	Rest	45 min	45 min	Rest	45 min	45 min
3	50 min	Rest	50 min	Cross Train	Rest	50 min	50 min
4	55 min	Rest	55 min	55 min	Rest	55 min	55 min
5	60 min	Rest	60 min	Cross Train	Rest	60 min	60 min
6	65 min	Rest	65 min	65 min	Rest	65 min	65 min
7	70 min	Rest	70 min	Cross Train	Rest	70 min	70 min
8	75 min	Rest	75 min	75 min	Rest	75 min	75 min

Each workout is sustained cardio for the allotted time at your Burn Number. You choose the sustained cardio workout that's best for you -- Wahoo has designed these plans for a variety of workout types including indoor and outdoor running, elliptical and stair climbing. Cross Train Days should feature a new workout type using different muscles – lifting weights, playing basketball, swimming, etc. Don't worry about your heart rate on these days - just keep your body moving.