



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.

INTERMEDIATE

DESIGNED FOR THOSE LOOKING TO SHED HARD TO LOSE POUNDS

| WEEK | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|------|--------|-------|--------|-------------|--------|--------|-------|
| 1 | 30 min | Rest | 30 min | Cross Train | Rest | 30 min | Rest |
| 2 | 30 min | Rest | 30 min | Cross Train | 30 min | 30 min | Rest |
| 3 | 35 min | Rest | 35 min | Cross Train | Rest | 30 min | Rest |
| 4 | 35 min | Rest | 35 min | Cross Train | 35 min | 35 min | Rest |
| 5 | 40 min | Rest | 40 min | Cross Train | Rest | 40 min | Rest |
| 6 | 40 min | Rest | 40 min | Cross Train | 40 min | 40 min | Rest |
| 7 | 45 min | Rest | 45 min | Cross Train | Rest | 45 min | Rest |
| 8 | 45 min | Rest | 45 min | Cross Train | 45 min | 45 min | Rest |

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.