

6 Day Steady State Cardio Plan to Stay Fit and Active

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Low-intensity steady-state (LISS) cardio involves performing exercises at a low heart rate, typically 50 to 60 percent of the maximum heart rate (MHR), which is calculated by subtracting 220 from one's age.

Steady State cardio involves basic exercises, such as walking, jogging, cycling, climbing stairs, squatting, etc.

It is an excellent way to enhance cardiovascular fitness, maintain a healthy weight, and keep you fit and active.

In this article, I've designed a 6-day steady-state cardio plan for those who are looking for an easy-to-follow and effective routine.

It is suitable for all age groups, from teenagers to older adults. Whether you're a male or female you can follow this routine to stay fit.

6-Day Steady State Cardio Plan

Exercise Type	Cardio
Cardio Type	LISS
Sessions/Week	Six
Duration/Session	30-45 minutes
Target Gender	Males and Females
Suitable Age Group	16-50 years
Program Duration	8-12 weeks

Day 1

At The Gym

Exercise	Duration	Intensity	Rest
Treadmill	10-15 minutes	40-60% of MHR	2-minute
Stationary Bicycling	5-10 minutes	50-60% of MHR	2-minute
Elliptical Trainer	5-10 minutes	50-60% of MHR	2-minute
Battle Rope	15-30 sec x 5	60-70% of MHR	–

At Home

Exercise	Activity
Jumping Jacks	15-second x 3-4 sets
High Knee Taps	15-second x 3-4 sets
Mountain Climbers	15-second x 3-4 sets
Squat Jacks	10 reps x 3-4 sets
Flutter Kicks	15-second x 3-4 sets
Crossbody Mountain Climber	15-second x 3-4 sets
Forearm Plank	45-second x 3-4 sets

Day 2

At The Gym

Exercise	Duration	Intensity	Rest
Incline Treadmill Walk	10-minute	40-60% of MHR	2-minute
Stationary Bicycling	10-minute	50-60% of MHR	2-minute
Rowing Machine	10-minute	50-60% of MHR	2-minute
Jumping Rope	200-300 reps	50-70% of MHR	-

At Home

Exercise	Activity
Jumping Jacks	15-second x 3-4 sets
Burpees	6-8 reps x 3-4 sets
Mountain Climbers	15-second x 3-4 sets
Jumping Split Squat	5 reps per leg x 3 sets
Standing Cross Knee to Elbow	10 reps per side x 3-4 sets
Shoulder Taps	10 taps per side x 3-4 sets
Side Plank	30-second per side x 3 sets

Day 3

At The Gym

Exercise	Duration	Intensity	Rest
Treadmill Walk	20-minute	50-70% of MHR	2-minute
Stationary Bicycling	10-minute	50-60% of MHR	2-minute
Elliptical Cross Trainer	10-minute	50-60% of MHR	2-minute
Wall Ball Shots	100 reps	At your own pace	-

At Home

Exercise	Activity
Jumping Jacks	15-second x 3-4 sets
Bear Crawl	30-second x 3-4 sets
Mt. Climbers	15-second x 3-4 sets
Squat Jacks	10 reps x 3 sets
Flutter Kicks	15-second x 3-4 sets
Shoulder Taps	10 taps per side x 3-4 sets
Spider Crawl	30-second x 3 sets

Day 4

At The Gym

Exercise	Duration	Intensity	Rest
Incline Treadmill Walk	10-15 minutes	40-60% of MHR	2-minute
Stationary Bicycling	5-10 minutes	50-60% of MHR	2-minute
Elliptical Trainer	5-10 minutes	50-60% of MHR	2-minute
Jumping Rope	30 reps x 5 sets	50-70% of MHR	-

At Home

Exercise	Activity
Burpees	5 reps x 3-4 sets
High Knee Taps	15-second x 3-4 sets
Reverse Crunches	10 reps x 3-4 sets
Superman Raises	10 reps x 3-4 sets
Flutter Kicks	15-second x 3-4 sets
Push-ups	6-8 reps x 3-4 sets
Forearm Plank	45-second x 3-4 sets

Day 5

At The Gym

Exercise	Duration	Intensity	Rest
Treadmill Jog	20-minute	40-60% of MHR	2-minute
Stationary Bicycling	5-minute	50-60% of MHR	2-minute
Rowing Machine	5-minute	50-60% of MHR	2-minute
Elliptical Trainer	5-minute	50-60% of MHR	–

At Home

Exercise	Activity
Jumping Jacks	15-second x 3-4 sets
High Knee Taps	15-second x 3-4 sets
Mountain Climbers	15-second x 3-4 sets
Squat Jacks	10 reps x 3-4 sets
Flutter Kicks	15-second x 3-4 sets
Crossbody Mountain Climber	15-second x 3-4 sets
Forearm Plank	45-second x 3-4 sets

Day 6

At The Gym

Exercise	Duration	Intensity	Rest
Incline Treadmill Walk	15-minute	40-60% of MHR	2-minute
Stationary Bicycling	10-minute	50-60% of MHR	2-minute
Elliptical Cross Trainer	10-minute	50-60% of MHR	2-minute
Jumping Rope	200-300 reps	50-70% of MHR	–

At Home

Exercise	Activity
Jumping Jacks	15-second x 3-4 sets
Burpees	6-8 reps x 3-4 sets
Mountain Climbers	15-second x 3-4 sets
Jumping Split Squat	5 reps per leg x 3 sets
Standing Cross Knee to Elbow	10 reps per side x 3-4 sets
Shoulder Taps	10 taps per side x 3-4 sets
Side Plank	30-second per side x 3 sets

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