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I would recommend C - Both.

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Lets put together a sample plan just to give you an idea of how easy it is.

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We will take the 3 day workout program from the weight training section. This is a 3 day workout split done for example: Mon, Wed, Fri.

Now we're going to add the HIIT routine found in the cardio section and use them together.

I know you have a busy life and its hard to find time so what we are going to do is put the cardio post weight training.

1-1:15 for the weight training and 15 min for the cardio. You are looking at about a 1:30 commitment 3 times a week.

Now I realize you may have to cut into your TV watching time but it will be worth it when you see those pounds melting off.

Have a look at the nutrition section and start improving your diet now.