



xofitness

Get the most out of your Cardio Training

Mix up the intensity

It is important to include some cardio workouts that are long and easy, others that are short and hard and others that are of a moderate duration and intensity. This will ensure training effects for all energy and training systems. (Read Monitoring your Intensity Level)

Cross Train

Be sure that you are involved in a few different cardio activities.

When using indoor cardiovascular machines, we would rather see you spend 10 minutes on the elliptical, treadmill, and recumbent bike (each) than spend 30 minutes just on your “favorite” machine. Why?

- ✓ **Better muscle balance.** If you are using the same machine or activity all the time, the muscles targeted with this exercise will continue to get fitter but the other neglected muscles will get weaker and muscle imbalances are sure to surface.
- ✓ **Less risk of over-use injury.** Let's face it, cardio machines are repetitive you need to change it up.
- ✓ **You'll be able to work at a higher intensity level (and burn more calories).** You may find that if you stay on the same machine for 30 minutes will start to get tired and have to reduce the intensity of your workout whereas, by changing to another machine, you will be able to work hard again.
- ✓ **Prevent boredom.** If you're bored when you are doing cardio you are likely to quit or start day dreaming and reduce your intensity level.

Change is good

If you follow the same program for a long period of time, your body will adapt. In order for you to continue experiencing results, you need to change your workout. If you don't, your body will plateau and you will no longer see progress. This means changing your program every four to eight weeks.