

5 cardio tips to help you maintain your physique

Written by Administrator

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When it comes to cardio workouts, you know you should do them. They take time and sweating on a machine for a couple of hours a week isn't too appealing.

We put together 5 simple cardio workouts you can do that will give you amazing results fast. They won't keep you chained to a machine all night either.

1. Aerobics – Like the name says, it uses oxygen to improve your fitness level. As you get better, you will lower your heart rate and

blood pressure while increasing your oxygenation throughout the tissues. That means less lactic acid build-up in the muscles, which

causes cramps. But aerobics is a general name for several types of activities: kickboxing, dancing, step aerobics and more.

2. Bicycling – This can be done outside or inside. Inside it is called spinning. This is a low-impact, high-energy workout that takes

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you up hills and down them again by adjusting the tension on your bike. Music keeps you moving even when your legs want to give

out.

Outside, you can bike trails and even go mountain biking. To get the most out of your workout, choose the appropriate bike for the

terrain. Wear light breathable clothing, a helmet and comfortable shoes.

3. Swimming – Unfortunately swimming does more for men in the way of a weight-loss exercise than it does for women. It doesn't

heat your body up enough in the cold water to burn fat, but it does give you an excellent cardiovascular workout. We are not talking

about doggie paddling here. Swimming freestyle, backstroke and butterfly laps all require power and good lung capacity. You will

increase your ability to swim farther and faster the more you practice.

4. Jogging – Jogging is a cross between running and walking fast. For those who have trouble

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with their knees and can't stand the

impact, you can get the same jogging workout on the elliptical trainer. It increases your heart rate, uses the arms and all without wear

and tear on your joints.

5. Walking – This is one of the best overall exercises. You can walk up hills, down hills, over rough terrain and on flat surfaces.

Pumping your arms increases the involvement of your heart and lungs. Anyone can do it at any age. It strengthens your entire body

and burns calories.

Are you looking for a way to increase your cardiovascular fitness and still have fun? Try these exercises above to get started.