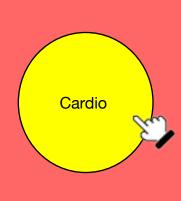




Sit ups



The word "cardio" is short for "cardiovascular," a term used for the circulatory system consisting of the heart and blood vessels in your body.

maximum heart rate can be classified as cardio. You can roughly calculate your maximum with the formula 220 minus your age.

Any activity that gets your heart rate to about 50 – 75% of your

and the blood vessels are reinforced.

Many people who lead sedentary lives feel that their bodies are more of a vehicle than a part of themselves: unreliable and only grudgingly doing what it is supposed to. Working with your body, influencing how it feels, seeing it accomplish things you

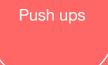
willingly set it out to do – these can entirely change your perspective.

When you do cardio, your body's cells need more oxygen and nutrients. To keep up with this demand, it will strengthen the delivery system bringing it to them: the lungs get more capacity, the heart is able to pump more blood

Want more information?





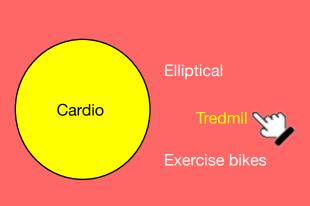


Pull ups

Crunches

Sit ups

Ab workout



For beginners

It is recommended to start off with 20-60 minutes of cardiovascular activity 5-7 days per week. These guidelines are appropriate for improvements in health and daily living and as a beginner, prepare you for greater demands of cardio training in the future. When performing this type of cardio training, it is recommended that you maintain a low to moderate intensity level of 60 - 75% of your maximum heart rate. Should the initial duration and intensity seem too taxing for you at first, you can reduce the duration to 10 minutes and perform two shorter bouts of cardio throughout the day until your endurance is better able to support the previously mentioned recommendations.

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For intermediate

-4-5 days per week, or alternate every other workout with a beginning cardio conditioning workout to total 4-5 workouts per week.

-75- 85% of predicted HR max for cardio intervals and 65-75% of predicted HR max for fat burning intervals. This workout should feel fairly easy to somewhat hard during the cardio interval range (11-13 on the modified Borg scale). Warm-up and cool down are always between 55-65% of predicted HR max.

For advanced

More?

Sometimes you need to mix things up, and we all know how important strength training is to a fitness regimen. This 45-minute plan starts on the treadmill and then finishes off with 15 minutes of strength training. If you're just feeling bored on the machines, then try this two-cardio-machine workout that utilizes both the elliptical and the treadmill.