

I Hate Cardio!

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Cardio Sucks!

- ▶ It is boring
- ▶ Drawn out
- ▶ Slow paced
- ▶ Unexciting
- ▶ Boring
- ▶ Boring
- ▶ It isn't deadlifting or squatting
- ▶ It is boring

Alternatives to Cardio

- ▶ Are there any?
- ▶ Do they work?
- ▶ Why do they work? Heart is still getting stressed
- ▶ Well, what are they?

High Intensity Interval Training (HIIT)

- ▶ High Intensity Interval Training (HIIT): Doing short bouts of intense activity followed by moderate activity
- ▶ Ex: 30 second jog, 30 second sprint
- ▶ Ex: 60 second jog pace on elliptical, 30 second sprint
- ▶ *If you do this correctly you should only last 10–20 minutes

Circuit Training

- ▶ The idea of circuit training is to move from one exercise to the next without stopping.
- ▶ Once one full round is completed a 60–90 second rest time will ensue.

- ▶ Ex: 10 Lunges, 10 push ups, 10 jumping jacks, rest 60 seconds for 4 rounds

Peripheral Heart Action

- ▶ Alternating between upper and lower body multi-joint movements without rest.
- ▶ Ever feel the pump? This is blood
- ▶ The heart will move this blood from upper to lower body areas giving your heart a great work out.
- ▶ Ex: Squats then pull ups
- ▶ Ex: Lunges then bench press

If All Else Fails.... Go for a Walk!

- ▶ Walking is a great platform for beginning your journey.
- ▶ Weight-bearing: Not biking
- ▶ Promotes good posture and functional movement
- ▶ Is not taxing on the joints
- ▶ Can be fun with a partner or with music

Cross Over

- ▶ Physical labor: Construction, landscaping ect.
- ▶ House chores: 2 Birds, One Stone

- ▶ Make it a priority

- ▶ What is the most important muscle you have?!?

