

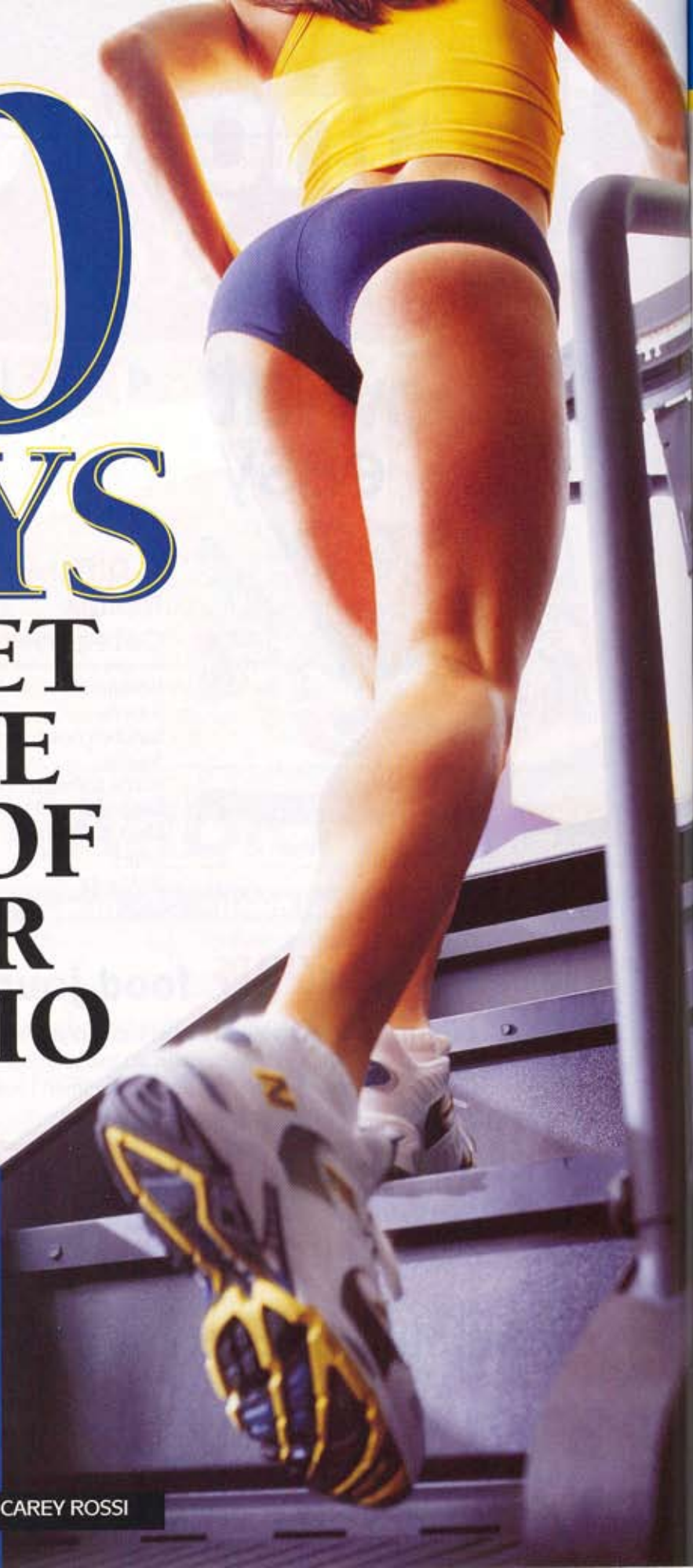
WEIGHT LOSS
THAT WORKS!

CARDIO

10 WAYS TO GET MORE OUT OF YOUR CARDIO

Check out these expert trainers' secret cardio weapons for torching excess calories

BY CAREY ROSSI



Sure, you could coast through your cardio sessions, flipping through a magazine as you successfully avoid breaking a sweat during your 20-minute workout. That's how some people approach their training.

But to get a leaner, more muscular-looking body, a leisurely ride on the stationary bike will only leave you spinning your wheels where your physique is concerned. Instead, make the commitment to amp up your efforts — these workouts will help you do just that.

TREADMILL TRAILBLAZER

Tired of arduously long treadmill workouts? Try this workout from Chris MacGrath, CSCS, CPT, in New York. "One of the reasons why I like this treadmill workout is the [clients] I work with, even after they do it for 20–30 minutes, are surprised how quickly the time went because most people find treadmills boring," says MacGrath. "Because it changes every 1–2 minutes, it gives you something to focus on as opposed to the same steady pace the whole time, plus it gives you a harder workout. Part of the purpose is to get you to an intensity that you couldn't maintain for more than a minute or two."

Start out walking at a reasonable pace using the flat level. Then, each minute, start increasing the incline. "Typically, I will start just flat, then the next minute I bring it up to a 2.0 incline, next minute 4.0 and so on," MacGrath says. "That provides a gradual warm-up for the first five minutes, and gets the heart rate up."

Depending on your fitness level, continue increasing the incline while checking your heart rate. Continue doing that until you're at the higher end of your training zone, which most people usually reach in the first 10 minutes. This is where MacGrath gets creative with his client's workout. "[From there] gradually bring the heart rate back down. When someone is working out really hard at an incline of 12.0 or 15.0, I might bring them down to 6.0 so they have a recovery. Their heart rate comes down a little bit, their muscles get a breather — then I will bring the incline back up."

The key is to change the intensity each minute. Work higher into your upper cardio fitness levels, and then come back down for recovery before working your way upward again, until your workout is complete. Be sure to end on a recovery pace as a cool-down.



Treadmill Training: Get more benefit by hitting the up arrow for more incline.

ROW HARD

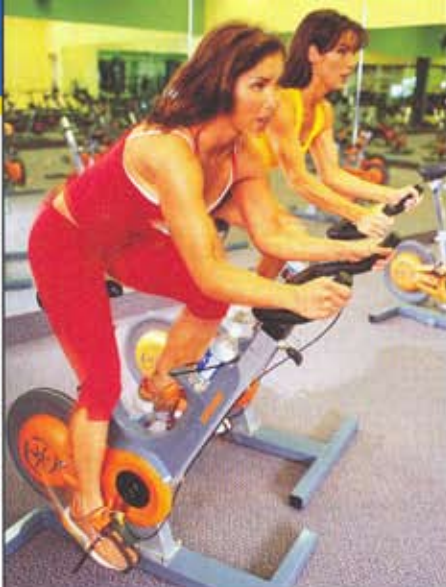
For a quick, 20-minute cardio session that will hit your entire body, use this suggestion from Dave Harris, CSCS, a strength and fitness consultant in Toronto, Ontario, Canada. Warm up for five minutes by biking or lightly jogging. Then jump on the ergometer or rowing machine, and row for one minute as hard and as fast as you possibly can. Then rest for two minutes by rowing really easy and slow. Do this circuit six times total for a complete cardio routine.

GIVE YOURSELF THE BOOT

Looking for a workout that will kick your ass while getting you ready to do some butt-kicking of your own? For a week, attempt this full-body boot camp workout designed by Raymond Wallace, NASM-CPT, Master Athletic Trainer and Coach at New York Sports Club, to get you into fighting shape.

For the week, you'll run or bike (preferably outdoors) for 45 minutes to an hour, four times. Then you'll hit the gym three times and do the strength-training circuit outlined below. Do the exercises in the order that they're listed. When needed, rest 30–90 seconds between sets. Repeat each superset three times before moving to the next one.

Follow up the strength-training circuit workout with 30 minutes of bike riding, run/walking or step-climbing intervals, and 5–10 minutes of ab exercises of your choice. Finish with a 10–15 minute-cool-down and stretching session.



RIDE UPHILL

Spinning or indoor cycling class can give you a great interval cardio workout (and could do wonders for your social life if you attend enough). But if you're a class-phobic or you can't fit one into your schedule, you can simulate the rides that Ken Szekretar Jr. leads at the New York Sports Club.

"Here's something you can do for resistance loading," says Szekretar. "I have [my class participants] start on the flat, and then gradually bring the resistance heavier and heavier, sort of simulating an increased hill steepness."

Keep the bike at a set resistance for five minutes. This is your flat section and you are going to build on your cadence (the amount of revolutions you're doing). Now pedal at a cadence that you will be able to maintain for a minute and then be able to incrementally increase two revolutions per minute for 20 minutes.

THE IRONMAN

You can turn a boring cardio workout into an indoor triathlon challenge by using the "ironman" workout at right from Michelle Basta Boubion, NSCA-CPT and amateur triathlete. The total time of this workout is 40 minutes, although you can certainly increase the time by as much as 10 minutes, depending on your fitness level and your goals.

"Make sure you recover sufficiently before starting the next interval," Boubion warns. "If necessary, instead of following the 1:1 work:rest ratio that is outlined here, try a 1:1.5 work:rest ratio and repeat each cycle only three times. As you get stronger, decrease your rest time by a quarter, then half, of each work period."

Use this workout arsenal to keep boredom away

CATCH WIND

Wind sprints may sound like a breeze, but this high-intensity activity will raise your heart rate and make your body use those fat stores in a minimal amount of time. Try the following drill from Harris: Warm up for five minutes by biking or jogging. "It's important to make sure that your Achilles tendons and hamstrings are properly warmed up to avoid injury," says Harris. For the main portion of your workout, you'll sprint for 50 seconds or about 300 meters, then walk back to your starting place. This active rest period should last no longer than 120 seconds. Repeat the sequence six times.

STEP UP

Take the stairs to elevate your progress. This trio of approaches will make this challenging activity a bit more work. First, walk or run up the stairs one step at a time, then walk down. Second, walk or run up the stairs two steps at a time (hitting every other one). Again walk down, using the time as your recovery period. Third, do stair stakes, jumping side to side from one step to the next. To do this you will jump to your right, landing on your right foot, left foot slightly behind you. Then jump to your left and onto the next step, landing on your left foot. Again, walk down. Continue repeating the sequence for 30 minutes.

THE FULL-BODY BOOT CAMP WORKOUT

EXERCISE	REPS OR DURATION
Squat with Jump Rope	15–20 1–2 minutes
Dumbbell Squat with Overhead Press* with Jump Rope	20 1–2 minutes
Alternating One-Arm Bent-Over Row with Walking Lunges**	30–40 (15–20 reps each arm) 15–20 (each leg)
Alternating One-Arm Lat Pulldown (with D-handle attachment) with Wall Squat Jump***	30–40 (15–20 reps each arm) 20
Exercise-Ball Dumbbell Chest Press with Push-Up (pause 1 second at the bottom of each rep)	30 15
Barbell Biceps Curl (alternate standing on one leg each rep) with Bench Dip (feet resting on exercise ball)	30 15

* Hold dumbbells at shoulder level; do a regular squat, and once you come to a standing position, press the dumbbells overhead. Lower the weights back down to your shoulders and lower yourself back into a squat, repeating the pattern for reps.

** Step forward with one leg and complete the lunge. Then step forward with the opposite leg and lunge. Continue alternating the moving leg.

*** Stand with feet hip-width apart, facing a wall. Squat down, then jump and touch the highest point on the wall.

