

# Getting Out of the Cardio Rut



Cardio is a great way to help lose weight and keep the body in shape. Getting on a machine and doing the same ole thing isn't though. When you do the same thing, whether cardio or something else, your body gets used to it. Your body is a great mechanism at adapting to things, even though I sometimes wish it was faster in adverse situations, but is still smart and fast. So as you do the same thing that was once really hard, the body begins to adapt and make this movement or exercise a little easier. So try changing up your cardio a bit and look for big results in the near future – maybe it is just changing the level or completely throwing the body for a loop with a workout like below:

1. Warm-up – Elliptical
  - a. 5 minutes, progressively speeding up
2. Treadmill
  - a. 16 minutes alternating between a jog pace for 1 minute and a sprint for 30 seconds
  - b. Many treadmills have a “speed interval” program that will do this for you
3. Stair Climber or Stair Stepper
  - a. Try to Climb 35 floors in 2 minutes at a difficult level – increase the level each time you climb
4. Upper body hand bike
  - a. Cycle for 5 minutes at 90 watts
5. Stair Climber or Stair Stepper
  - a. Try to Climb 35 floors in 2 minutes at a difficult level – increase the level
6. Cooldown – Treadmill
  - a. 5 minutes, slowing down and regaining your heart rate