



I LOST IT AT THE CLUB TIP #4

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Trainer Tip of the Week from [Linda Famularo](#)

Tips For Indoor Cardio Training

The American College of Sports Medicine recommends a frequency of 3-5 cardio workouts per week, a duration of 20-60 minutes and an intensity of 60-90% of your maximum heart rate each week to maximize cardiovascular fitness. Investing in a heart rate monitor will definitely keep you honest!

If you are using indoor cardiovascular machines, try staying on the same machine for only about 15-20 minutes and then go from machine to machine instead of staying on the same machine for extended periods of time. This will create better muscle balance. Pick three different machines (treadmill, arc trainer, rowing machine, bike or elliptical) and stay on each for 15-20 minutes. If you are using the same machine or performing the same activity all the time, the muscles targeted with this exercise will continue to get fitter but the other neglected muscles will get weaker and muscle imbalances may surface. By varying your machines you will develop a more overall toned physique and reduce your risk for repetitive stress-type injuries.

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