

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Aerobic Cross Training for Weight Loss

By Keith Londrie

Aerobic Cross Training for Weight Loss

Do you sometimes get bored with your aerobic exercise? Do You sometimes feel like you're not getting the results you should from your aerobic exercise? If so, then aerobic cross-training is for you.

Aerobic cross-training refers to using two to three different types of aerobic exercise during an exercise session. For example, if you plan to exercise for 60 minutes, you might start with 20 minutes of walking or jogging, followed by 20 minutes of biking, and finish with 20 minutes of rowing.

Now, please don't get the impression that you have to be in great shape to do this or that it has to be 60 minutes long. You can start with something as simple as a ten minute walk followed by ten minutes with an exercise video. This is cross-training too. You can gradually build up from there.

Here are some of the exercises you can use in your cross-training program; walking, jogging, biking, rowing, stair climbing, swimming, exercise videos, etc. Any combination of aerobic exercises will do. You simply go from one to the next with very little time between them.

Aerobic cross-training is beneficial to you in several ways:

1. It provides variety which eliminates the monotony often associated with doing the same exercise for a long period of time.
2. If your exercise sessions are less monotonous and more enjoyable, you are much more likely to exercise more often and for longer periods of time.
3. You are less prone to over-use injuries that sometimes occur from doing the same exercise movements over and over again.
4. You tone more muscles because you are using more muscles. For example, walking tones mostly the lower body muscles and rowing tones upper body muscles also. Even exercises like walking and biking that both tone lower body muscles, tone them at different angles and each tones some small

muscles that the other doesn't.

5. Aerobic conditioning is very specific to the muscles being worked. For example, you can walk ten miles a day and still be somewhat breathless after climbing stairs because you haven't trained the muscles for that specific movement. Aerobic cross-training allows you to develop more comprehensive aerobic training.

6. Aerobic cross-training is effective for weight loss because you are toning and training the fat-burning systems of more of your muscles. It turns more of your muscles into 24-hour fat-burning machines! You are also more likely to exercise on a regular basis and for longer periods of time. This also promotes weight loss and fitness.

For more information on cross training, Keith Londrie II has put up a web site for further information. Please visit

<http://cardioaerobics.info/>

for more information NOW.

Keith E. Londrie II
infoserve @ mchsi.com

<http://cardioaerobics.info/>

Keith Londrie II is a renowned specialist in aerobic training. He provides information on the subject matter at his web site at

<http://cardioaerobics.info/>

– Visit to get your questions answered now.

The magic pill to fat loss

By Charles Blain

The magic pill to fat loss by Charles Blain

Have you ever wonder if there was a secret to fat loss?

Have you ever wonder that a few lucky people knew something about it?

Have you ever wonder what secret might be?

I am sure you have heard of so many theories about fat loss that it would make your head spin in confusion.

Some experts will tell you that the secret lies in your nutrition. You just need to eat better; most people

Aerobic Cross Training for Weight Loss

can understand that logic so they go out and learn about 35 different to EAT RIGHT". But you are still not going anywhere, so what is wrong?

Other gurus prescribes a load of aerobics or cardio training, so you go out and buy the next big trend in cardio exercise that promise to blast the pounds away. You do it for a few weeks but you are not getting the results promised. So were you lied to or do you just have bad "genetics"

Other experts will say that you need to train with weights to get rid of bodyfat and they show you hundreds of different resistance workouts. So you are still confused.

So if you are still looking for that elusive secret, you can stop looking now.

The truth is if you only focus on nutrition, you will not get the best results. But then if you only focus resistance or cardio instead you still will not get optimal results.

To maximize your genetic potential and get the best body you ever had, you need to combine the right nutrition, aerobic exercise, resistance exercise with motivation.

It is the synergy created by your motivation, nutrition, aerobic and resistance training that will carry you to the Promised Land.

Unless you are eating in a way that allow your body to become very efficient at burning foods (read metabolism boosting nutrition), then you combine it with some form of aerobic training and some resistance training, you will fail to get desirable results in the long term.

And finally motivation is what gets you to take action. Motivation is the glue that transfers the knowledge into real life results. Without it all the knowledge in the world will be worthless.

Motivation is the first and most important thing that you need to uncover if you want to be successful.

You need to find out exactly WHY you MUST lose the weight.

Yes, the WHY is more important that the HOW. The WHY will carry you through the HOW. Without the WHY, forget about finding about HOW. Most people have a hard time discovering a WHY powerful enough that will get them over the edge, to live in a body that they can only dream about right now. If you having trouble finding your empowering WHY, please do yourself a favor and download my Free report "the truth about fat loss" and answer a series of questions that will help you uncover that missing piece to the puzzle.

Yes here lies the secret

The combination nutrition, aerobic exercise, resistance training exercise and motivation IS the magic pill you have been looking for.

Charles Blain is the owner of FitMind personal training and he is a certified personal fitness trainer. His main desire is to aid others reaching their full potential and build their best body though sound advice

in the areas of nutrition, training and self improvement. He also walked the talk by shedding 75 pounds of fat himself. He also exposes the shocking and sometimes frightening truth behind the weight loss and nutritional supplement industries. He can be contacted at www.thefitmind.com.



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!