

THE TRAINER'S CORNER



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Now that the cold Winter months have arrived, you may be finding it more difficult to talk yourself into doing your outdoor cardio. If you are like me, the thought of running countless miles on a treadmill makes you cringe. I've got a tip to help you keep your cardio going strong all winter long.

Instead of trying to force yourself to do 30+ minutes on one piece of equipment, try this. Break your workout into 10 minute segments and switch to a new machine until you've hit 30 minutes. This will not only keep you from being bored during your workout, but it will also cross train your body. This means that you will be working many different muscle groups and stay fit all winter long!

Example Workout

- 10 Minutes - Treadmill
- 10 Minutes - Stair Climber
- 10 Minutes - Upright Bike
- 10 Minutes - Rowing Machine