



**In this Issue:**

**What is the best cardio?**

**Exercise Selection**

**Looking Good Feeling Great  
Weekly Newsletter  
Issue 29**

*Welcome valued clients to the 29th in our series of weekly newsletters. Each week we will examine different aspects of exercise, nutrition and goalsetting.*

**What is the Best Cardio?**

*Ever noticed the huge variety of cardio machines and exercises in gyms? Treadmills, upright bikes, recline bikes, cross trainers, rowing machines, steppers, boxing, the list goes on. But how do they stack up against each other? Which modality provides the best workout? In this article we'll examine each one and determine the best exercise for your needs.*

**Treadmill:** The treadmill works the biggest muscles in the body- those found in the legs. By using the quads, hamstrings, glutes and calves together, you can burn more calories than by simply using the smaller muscles of the upper body. The treadmill also allows you to increase the incline on which you work. By increasing the incline, you force the muscles to work harder. This in turn equates to extra calories burnt. The faster you walk/ run, the more calories burnt per min. The higher the incline, the more calories burnt per min. Downsides? Treadmills can become dull, as the action tends to be repetitive and boring.

**Upright Bikes:** Like the treadmill, the upright bike burns lots of calories by using the glutes, quads, hamstrings and calves. Because of the angle the leg is brought up to during cycling, the muscles are achieving a more complete contraction with each turn, when compared to the contraction they achieve when walking. This equates to extra calories burnt. Another benefit of a bike over a treadmill is this: we walk round all day. Walking for exercise will grow tedious long before cycling does. Cycling allows our muscles to perform a different action, thereby increasing our enjoyment.

**Recline Bike:** The recline bike had all the advantages of the upright bike bar one: the core muscles do not engage to keep you upright. True, this means you are more comfortable while exercising, but it also means that you will burn less calories, when compared to the upright bike.



**Cross Trainer:** This machine allows the user to exercise the muscles of the upper and lower body simultaneously. This results in more calories being burnt than lower-body-only training. As the motion is unusual, users are less likely to grow bored when exercising.

**Rowing Machine:** This is another machine that allows the upper and lower body to be worked simultaneously. In particular, the biceps and muscles of the upper back, responsible for posture receive a good workout from this exercise. This makes it a candidate for those with a tendency to hunch.

**Boxing:** At first glance, boxing appears to be an upper body only exercise. And when performed with incorrect technique, it is. But a punch (with good form) starts from the ground up. One leg is snapped straight, the hips rotated, the core muscles engaged, and finally, the pectorals, deltoids and triceps contracted. All this happens in a split second with one punch. If you fire off 100 fast punches, the caloric expenditure could be great.

**Stepper:** The stepper isn't seem in gyms quite as often as it used to. With this machine, you have to raise your knee higher with each step than you would on a treadmill. Result? Extra calcs burnt, glutes given more of a workout, and a welcome change to the monotony of cardio regimes!

*So which machine is best? That depends on which muscles you enjoy working during cardio, your goals and what you enjoy doing. There's enough variety for everyone to pick an exercise they enjoy.*

#### **Exercise Selection**

Let's face it, you're unlikely to stick to something that's a chore to do. Your mind will try to find excuses, left right and center. And this definitely isn't the road to success. So what is the answer? Find out what you enjoy! Discover an exercise modality that you look forward to, not that leaves you dreading the next session. If we enjoy an activity, we continue to do it. If we continue to do something, we succeed. It's that simple. Experiment. Take control of your workouts. Spice them up.

***We hope you have enjoyed the information carried out in this issue. Here at 'Looking Good and Feeling Great' we aim to provide our valued clients in the Penrith area with nothing but the best in customer service and results. If you have any feedback on future issues feel free to email or contact us on the details below:***