

## **Burn 300 Calories in 30 Minutes**

### **It's time to Get to Work!**

If you're trying to burn calories and lose weight using cardio machines, I have a challenge for you: Put down the magazine, turn off any distractions and (gasp) stop looking at your watch. Why the drastic measures? If you aren't paying attention, you may not be working as hard as you think.

### **Cardio Workouts**

The following workouts should give you some ideas on how to spice up your workouts and burn more calories by raising and lowering the intensity. Modify each workout according to your fitness level and feel free to increase or decrease speed, incline and/or workout time to fit your needs. For each exercise, warm up with 5-10 minutes of light cardio and keep track of your perceived exertion (see Perceived Exertion Scale below) or monitor your heart rate.

#### **Treadmill**

- Start with incline at zero and speed at a comfortable pace (walking or jogging). Perceived Exertion (PE)=Level 5 (see Perceived Exertion Scale).
- 1 Minute: Raise incline one or more percent every 15 seconds. PE=5-6
- 1 Minute: Reduce the incline one percent every fifteen seconds. PE=6-7
- 3 Minutes: Walk or jog at a steady pace. PE=5
- Repeat entire cycle for 30 or more minutes
- Approximate calories burned: 320(based on 140 lb person)

Walkers and Runners will do fine using the [Inertia X3.5](#) or [Inertia X6.5](#) for a full featured Treadmill. Heavy Runners should take a look at the [Inertia X6.6](#).

#### **Elliptical Trainer**

- Using manual program, enter workout time as 30 minutes and choose appropriate level
- 6 Minutes: Set ramps (if option) and resistance levels at medium level. PE=5
- 2 Minutes: Set ramps at highest level and increase resistance every 30 seconds. PE=6-8
- 2 Minutes: Lower ramps and resistance to comfortable level. PE=5
- 6 minutes: Set ramps and resistance to medium and go backwards. PE=5-6
- Repeat entire cycle for remaining time
- Calories Burned: 250-300 (based on 140 lb person)

A great in-home unit that is compact, yet offers a larger stride than most Home Ellipticals is the Inertia ES3.5.

#### **Bike**

- Using the manual program, enter your workout time as 30 minutes and choose appropriate level
- 5 Minutes: Cycle at a comfortable pace. PE=5.

- 5 Minutes: Raise level several increments and decrease a level every 30 seconds. PE=6-8.
- 5 Minutes: Cycle at comfortable pace. PE=5.
- 5 Minutes: Raise level higher than before and decrease a level every 30 seconds. PE=6-8
- 5 Minutes: Cycle at comfortable pace. PE=5.
- 5 Minutes: At current level, increase a level each minute. PE=7-8.
- Calories Burned: 245 (based on 140 lb person)

A great in-home unit that is easy on the budget is the Inertia Easy Upright Bike or Inertia Easy Recumbent Bike. For more durable, and smooth ride try the Inertia Upright Pro3 or the Inertia Recumbent Pro3.

As you can see, it's easy to spice up your workouts by playing around with your speed, incline and resistance and alternating high intensity intervals with recovery periods. This not only keeps you from getting bored, it also helps burn more calories and increases your endurance very quickly. Use this technique with any cardio activity to keep things interesting!

Excerpts in whole or in part taken from:

About at <http://exercise.about.com/>

### **Perceived Exertion Scale**

Level 1: I'm watching TV and eating bon bons

Level 2: I'm comfortable and could maintain this pace all day long

Level 3: I'm still comfortable, but am breathing a bit harder

Level 4: I'm sweating a little, but feel good and can carry on a conversation effortlessly

Level 5: I'm just above comfortable, am sweating more and can still talk easily

Level 6: I can still talk, but am slightly breathless

Level 7: I can still talk, but I don't really want to. I'm sweating like a pig

Level 8: I can grunt in response to your questions and can only keep this pace for a short time period.

Level 9: I am probably going to die.

Level 10: I am dead.