

## You Can Do Cardio Dance! 10 Tips to Get You Moving

It looks intimidating, doesn't it? That room at the gym where they have classes with names like Cardio Kickboxing, Step Funk and Pump 'n' Jump. As you've walked by, you've watched the exercisers out of the corner of your eye - it looks like loads of fun. But you know you could never do that - you trip over yourself walking from the Stairmaster to the treadmill, both of which are getting really boring. Well, guess what? If for a few minutes you can stop telling yourself that you can't do cardio dance, maybe - just maybe - you'll discover that you actually can. Granted, if you seriously have a problem moving and counting to four at the same time, one count for each step, then cardio dance is probably not for you. If you can count to eight while moving, then there's a chance you may actually become good at it. Can you step-touch? Meaning, can you take a step to the side and bring your other foot to meet it? Can you march in place? Can you step forward with one foot and then raise the other knee? Can you step forward with one foot and, while standing on that foot, raise the other knee three times? If you can do that, then you've already performed a cardio dance move - it's called a "repeater" (a rather obvious name for repeating the same knee lift more than once). It only gets better from here on. Here are some tips that will help you make the most out of your cardio dance experience:

### About the Author

Learn the difference between treadmills and elliptical trainers so you can choose the right machine for you from your About Exercise.

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