

Use A Treadmill To Burn Fat - 4 Tips

The treadmill is an amazing piece of equipment that, when used properly and correctly, can definitely help you shed not just a pound or two, but all of those unwanted pounds. Read on for some tips on exactly how to do just that. 1. Two of the simplest, and perhaps most effective forms of exercise, are running and walking. And with the treadmill, you can do both. The treadmill is also a very flexible machine when it comes to these two exercises – you can adjust the incline and speed at the rates that you prefer so that you can maximize fat burning and allow you to shed all those unwanted pounds. 2. Don't fall into a treadmill rut – you won't be able to maximize your workout if you run at a standard, steady speed and incline. Give your body a boost out of the blue by changing up your treadmill settings within your workout. This way, your body is “shocked” out of its routine, so it is forced to exert more energy, and therefore burn more fat. Try a setting that you can only keep up with for one minute. After that minute, change the setting into a slower, steadier pace and use that setting for two consecutive minutes. Afterwards, switch to the more rigorous setting and stay there for another minute, slow down again for two, and continue the cycle five to eight times. 3. Feeling discouraged? Ask the help of a friend to get you off the couch and running on a treadmill. Having an exercise buddy is a great way to boost your energy and keep you pushing to lose weight. 4. Tired of the old walking and running and keen on learning some new tricks on the treadmill? Why not include jumping intervals on your treadmill routine? This will increase your heart rate and really make your muscles work. Do an ordinary one-minute treadmill routine, then try hopping. Not the kind of person who likes to keep his feet off the ground and take off into the air? Then spice up your treadmill routine by walking or running backwards on it. Remember the practice makes perfect, and whatever technique you decide to use on the treadmill, keep at it long enough and you will be able to maximize its fat-burning effects.

About the Author

You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness.

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