

Gym Machine Basics



With So Many Machines, Here's What to Do to Lose Weight!

training machines with cardio intervals is increased weight loss and toning. That's because the calorie burning boost from the interval and the "after-burn" of strength training increases fat-burning and your body metabolism for several hours after your workout.

But, remember consistency is the key. Pay attention to your nutrition, increase your water intake to 100 ounces daily, and make up your mind to get started in the gym!

Gym Machines Workout (Strength training and cardio interval workout)

Warm-Up (5 minutes on a treadmill, elliptical or stationary bike)

2 X 15 Reps. - Chest Press / 2 Min. Interval
 2 X 15 Reps. - Lateral Pull Down/ 2 Min. Interval
 2 X 15 Reps. - Leg Extension/ 2 Min. Interval
 2 X 15 Reps. - Sit Up Bench/ 2 Min. Interval

Stretch

Off Days (30 minutes of brisk walking or jogging to speed recovery between workouts)

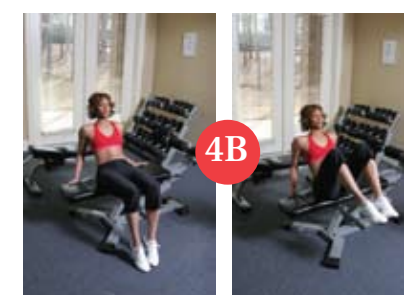
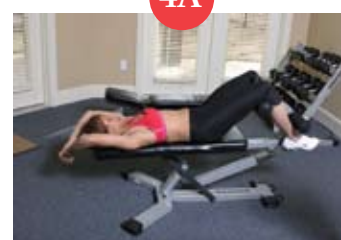
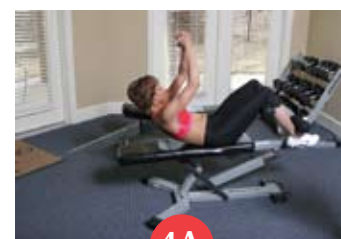
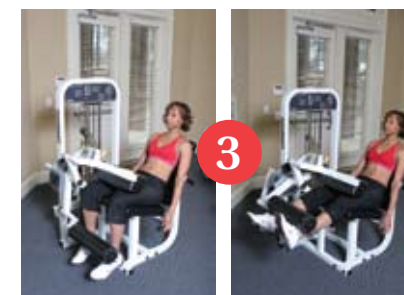
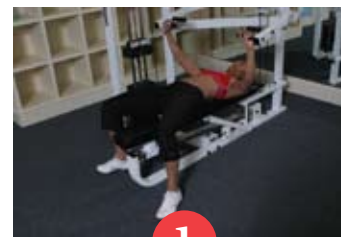
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machines and include a two minute cardio interval to burn extra calories and deliver a more challenging workout. So what's a cardio interval? A high intensity/short duration segment on cardio machines (i.e. recumbent bike, stepper, treadmill), beginning with an easy pace for one minute, increasing the intensity for 30 seconds, and again for the last 30 seconds.

The net effect of combining strength

With so many machines, what should you do in the gym to lose weight and get in shape? Start by focusing on exercises that target your major muscle groups and dedicate two workout sessions to strength training machines and cardio intervals.

Plan on at least 45 minutes, to ensure a proper warm-up, workout, cardio interval and recovery periods. In order to prevent workout boredom, vary the



Warm-Up A brisk cardio machine segment to increase blood flow to your muscles and prepare for a more improved workout session.

Exercise One

Machine Chest Press: works your upper body (chest, shoulders, back of arms).

Position: Sit or lay on chest machine bench. During exercise, keep your back flush against the back pad.

Movement: In laying or upright position, keep your abs tight, shoulders down and chest up. Under control, push forward and focus on bringing inner elbows together. Pause before your elbow joints are straight and lower the weight with a slow count of two. Repeat two sets of 15 repetitions.

Exercise Two

Machine Lateral Pull Downs: works upper body (front arms, back).

Position: Sit upright with your needs under the knee support and grip the bar with your hands shoulder width apart.

Movement: In an upright position, extend your arms to grip the bar. Pull the bar down to your upper chest or upper back, making sure your shoulders are down. Hold for a second and slowly extend your arms back up to return to starting position. Repeat two sets of 15 repetitions.

Exercise Three

Machine Leg Extensions: works your lower body (front of thighs)

Position: Sit on leg extension machine, with your lower back flush against back pad.

Movement: Push the weight up until your knees are nearly straight, while keeping your abdominals and upper body stable. Hold for a second and reverse the motion back down. Repeat two sets of 15 repetitions.

Exercise Four

Sit-Up Bench: works your abs (upper, lower, sides)

Position A: Lie back on bench with your hands clasped over head.

Movement: Exhale and focus on your abs to sit straight up, hold for 10 seconds, then slowly return upper back to bench. Repeat two sets of 25 repetitions.

Position B: Sit across bench with your feet off of the ground.

Movement: Exhale and raise legs off the floor, hold for 10 seconds, then slowly pull knees towards chest, and return feet to ground.

Stretch Inhale and extend your arms, stand with feet wider than shoulder width, clasp your hands and stand on your toes, return your heels to the floor, then exhale and reaching downward slowly moving clockwise to each foot, circling back to your starting position. Repeat. ■