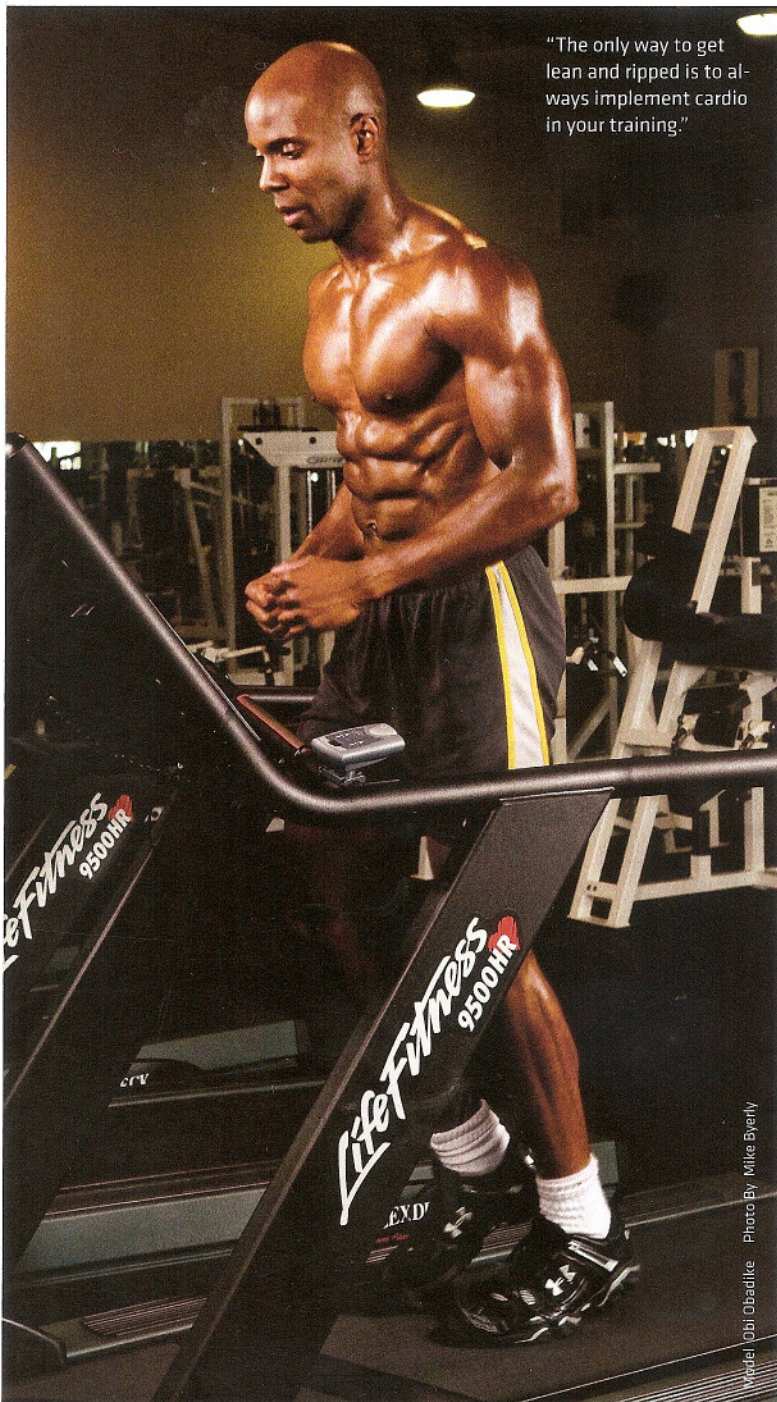


GET LEAN AND RIPPED THROUGH CARDIO

The Key To A Lean, Healthy and Conditioned Physique

By Obi Obadike B.A., B.S., M.S., CFT



"The only way to get lean and ripped is to always implement cardio in your training."

Model: Obi Obadike Photo By: Mike Beyerly

For many years I've always relied on weight-training and sheer genetics to stay lean and ripped while growing up as an athlete in high-school and college. I realized, however, that there was one component that was missing in helping me attain an overall healthy body. The missing component was implementing a consistent cardiovascular routine. Cardio is one of the most important parts of developing a healthy and overall lean physique.

You cannot attain this with just weight-training alone. There are so many benefits you can attain by performing cardio, which include the following: It increases your lung capacity; It can help reduce the risk of a heart attack, high cholesterol and diabetes; It increases the size of your heart and makes it strong, which results in it not having to work as hard to pump blood; And lastly it helps you sleep better as it reduces stress.

It doesn't matter how long you do cardio for, as long as you make an attempt, whether its five or 45 minutes. Every minute counts and sometimes 20 minutes of high intensity cardio is equivalent to the amount of calories burned in 40 minutes at a very slow pace. Bill Phillips, creator of Body For Life, recommends 20 minutes of high intensity cardio three times a week. There are many different cardio workout exercises you can do that will help you burn fat, such as the treadmill, stair-master, elliptical, jump-rope, sprints and

even slow to fast walking. Each of these exercises serves a valuable purpose in helping you burn fat.

Let's be honest; the abs you desire will not appear if you don't involve cardiovascular exercise in your program unless you have great genetics and a super fast metabolism. Nonetheless, even if you do have all of this you still have to train your heart and lungs. The only way to do that is training aerobically a couple of times each week.

I also understand that sometimes doing cardio can be boring, but that is why it is important to always change up your cardio routine to eliminate the boredom you may feel. For example, one day you can perform sprints, and then the next day you could jog on a treadmill for 20 minutes; the next day you could jump rope and then the day following that you can get on the stair-master. When you change your cardio routine constantly, it prevents the monotony of the exercise.

One last great tip that helps remove the boredom you might feel is doing your cardio while listening to music. Sometimes the rhythm of a favorite song can take your mind off your cardio routine.

Remember that the only way to get lean and ripped is to always implement cardio in your training, because frankly there really is no other way to get there. **IFM**



Obi Obadike
Obi is one of the top male fitness models in the world and is a certified ISSA personal trainer. Check out www.ObiObadike.com for more information.