

# GET LEAN AND RIPPED THROUGH CARDIO

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

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**F**or many years I've always relied on weight-training and sheer genetics on staying lean and ripped while growing up as an athlete in high-school and college but I realized that there was one component that was missing in helping me attain an overall healthy body. That component that was missing 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 are the following: It increases your lung capacity; It helps reduce the risk of a heart attack, high cholesterol and diabetes; It increases the size of your heart and makes it strong which doesn't have to work as hard to pump blood; And lastly it helps you sleep better as well as it reduces stress.

It doesn't matter how long you do cardio as long as you make the attempt whether its 5 minutes, 10 minutes, 15 minutes or 45 minutes. Every minute counts and sometimes 20 minutes of high intensity cardio is equivalent to the amount of calories burned at 40 minutes at a very slow pace. Even Bill Phillips, Creator of Body For Life, recommends 20 minutes of high intensity cardio 3 times a week. There are so many different cardio workout exercises you can do that will help you burn fat such as the treadmill, stair-master, elliptical, jump-roping, sprints even slow to fast walking. Each of these exercises serves a valuable purpose in helping you burn fat. Let's be honest the abs will not appear if you don't involve cardiovascular 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. And the only way to do that is training aerobically a couple of times a 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, the next day you can jog on the treadmill for 20 minutes; the next day you can jump rope and then the next day you can get on the stair-master. When you change your cardio routine constantly it prevents the monotony of the exercise. Also another great tip that takes away from the boredom you might feel is doing your cardio while listening to music via IPOD or walkman. Sometimes the sound of a favorite song or two 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. ■

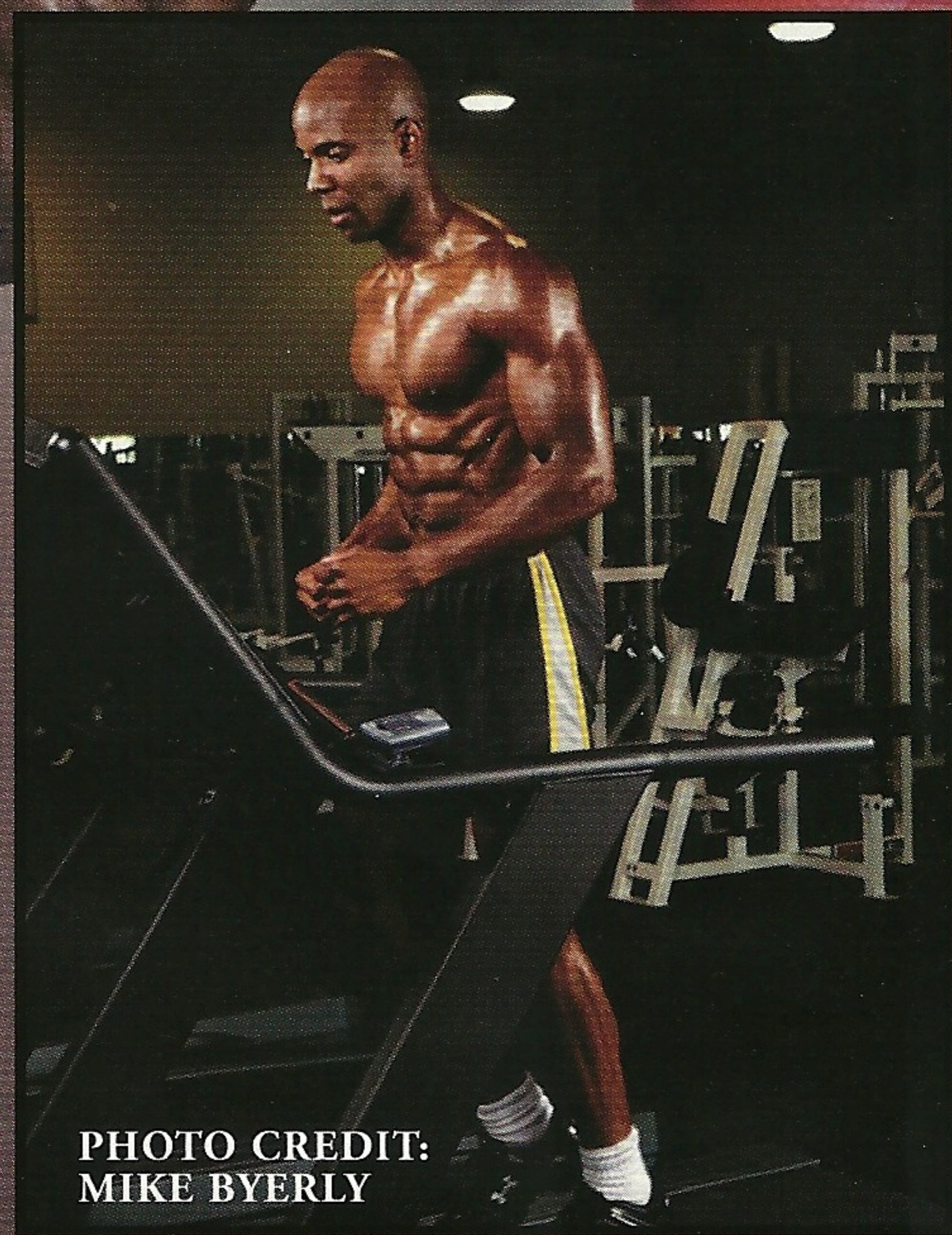


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**RYAN LUND,**  
CPT (NSCA)