



ODDO'S BONUS TIP
 "Don't overdo the cardio when you're trying to lose weight. Remember: The more muscle you have, the more calories you'll burn."

CARDIO DO'S

- Stand tall during your workout. Slouching weakens the heart rate, and decreases calorie-burning potential.
- Drink a minimum of 16 ounces of water during your workout.
- Limit your cardio to about 40 minutes; beyond this, energy and focus begin to dwindle, making your session less effective.

AND DON'TS

- Don't go empty. Eat at least two to three hours before an intense cardio session to avoid drops in blood sugar level.
- Don't hit cardio before iron. Doing so decreases lifting strength, reducing the quality of your workout.
- Don't ever skip your warmup.

What's the Most Effective Form of Cardio?

● **The short answer: intervals.** If you're looking to get lean without burning through muscle mass, performing shorter bouts at higher intensities (while cutting longer session to lower intensities) is the answer. Although there are numerous cardio machines to choose from, the Cybex Arc Trainer is one of the best. There's no impact, it allows for a greater range of motion, and the resistance goes up to 100. Plus, it's like combining three machines into one: a cross-country skier, an elliptical, and steeper or stair climber.

Although there are numerous programs on the Cybex Arc Trainer, the manual setting allows you to more easily adjust resistance and elevation, which helps you better control your desired heart rate. For an effective fat-melting cardio session, you'll want to work at a maximum heart rate of 70 to 75% the majority of the time.

START

- 1/ Stand erect with both feet placed firmly on the pedals, toes touching the top edge.
- 2/ Choose the manual program, then lightly grasp the handles so that your arms are parallel to the floor. This will cause the machine to automatically activate the heart rate sensors.

EXECUTE

- 3/ Start by slowly raising the incline until you feel it stimulating your glutes and hamstrings. The level of incline to activate these areas will differ from person to person.
- 4/ Push through your heels in a forward motion, making sure to keep your hips squared and facing front.



Cybex Arc Trainer Challenge

Workout	Time	Resistance Level
WARMUP	5 MIN	20
STEADY INTENSITY*	5 MIN	30-35
SPRINT	30 SEC	40-45
STEADY INTENSITY*	10 MIN	30-35
SPRINT	30 SEC	40-45
STEADY INTENSITY*	10 MIN	30-35
SPRINT	30 SEC	40-45
STEADY INTENSITY*	5 MIN	30-35
COOLDOWN	3 MIN	20

*Working at 70-75% MHR

Kim Oddo has established himself as an expert in the fields of training and nutrition and works with some of the world's top figure and bikini competitors. Oddo can be reached for consultations and services at bodybyo.com.

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