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# Foreword

Most medical experts will attest to the fact that some cardio training is better than not having any at all. In order to live a fit and healthy lifestyle one of the prerequisites should be to incorporate some cardio training on a regular basis. Get all the info you need here.



## ***Ripped With Cardio***

The Revolutionary Fitness Training For Fitter & Stronger Body

# Chapter 1:

## *All You Need To Know About Cardio*

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### Synopsis

It should be noted that there are various types and stages of cardio workouts available for any interested individual. Therefore, some research should be done before the most appropriate regimen is designed and followed effectively. The following are some of the points that should be considered when trying to understand cardio training:



## **The Basics**

Moderate intensity cardio training – for those who are attempting cardio workouts for the specific purpose of getting back into shape or for those who want to put the brakes on the state of obesity currently felt, the moderately designed cardio workout would be more advisable option to start with.

This is mainly due to the fact that most cardio exercises are rather challenging, thus needing the commitment on the part of the participant and if the cardio program chosen is at a difficult level, then the chances of the individual sticking to the program is rather slim. A moderate intensity cardio workout that is done for a longer period of time will give the eventual desired results and will help to keep the individual focused and motivated.

As the desired results become more evident, there may be a need to step up the cardio exercise program to be able to achieve even more form the workout sessions. Putting in more time or more sessions will help the individual gain more muscle mass and lessen the body fat content. Besides this, a more frequent routine would be something healthy to indulge in as opposed to wasting the same amount of time on something that will not benefit the individual.

# Chapter 2:

## *Choosing Your Fitness Gear*

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### Synopsis

Choosing the right gear can be a very daunting and confusing task, especially when the equipment available is vast and varied.



## **What You Need**

For some consulting an exercise expert would be good enough and for others the advice of the sales personnel selling the equipment is something that they would consider.

However, before even embarking on the quest to acquire the suitable fitness gear, the individual should take the time and trouble to define the needs and intentions of the entire exercising foray before the suitable set of equipment can be identified.

There are generally two types of categories the exercises can be grouped into, which the aerobic type and the weight bearing type. The aerobic type, which is also known as cardiovascular training, is meant to raise the heart rate, boost metabolism and put the body into the fat burning mode during the workout sessions.

The weight bearing exercises which is also known as strength training is meant to develop the large muscle groups of the body and increase the muscle mass.

The equipment for the aerobic exercise type would include the treadmills, elliptical trainers, exercise bikes, recumbent bikes, pedal exercises, rowing machines, cross trainers and the stair stepper.



As for the weight nearing type the equipment would most likely include the home gym, work out bench, incline bench, barbells, hand weights or dumbbells, weight sets, weight benches and abdominal exercises.

Although money may also play a large part in the decision for the most ideal fitness gear, the individual should also take into account the long-term usability of the item intended for purchase.

Making a purchase just on the current needs may not be the best choice to make as when the individual has reached the desired phase in the exercise regimen, there may be a need to upgrade the current equipment and this could end up being a rather costly affair.



# **Chapter 3:**

## ***Your Brain Needs To Exercise Too***

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### **Synopsis**

Strange though it may seem, there is some real connections between exercising physically and exercising the brain. It is a well accepted fact that the brain becomes sharper and more alert when the individual has a regular exercise routine incorporated into the daily lifestyle schedule.

This is due to the fact that all the positive elements are released in the body systems which then help the brain to function more effectively thus providing the platform for the idea that the brain can and needs exercise to be at its optimum.

## **Have A Look**

Exercising has a positive impact on the nervous system and almost always sets off pleasure chemicals such as serotonin and dopamine which is the ideal ingredient for calmness, happiness and euphoria.

Therefore with regular exercise regimens in place the brain is able to experience all the pleasurable and positive auras, which in turn will allow the brain to think more clearly, perform better and generally sustain a better morale level, thus by stimulating the nervous system the human mind is able to function at a higher level.

When it comes to beating depression, exercise is almost always recommended as here too the chemical released within the body system positively contributes to a better mindset and thought pattern.

A lot of studies have been able to prove the connection between exercising the body and exercising the brain is one and the same. Feelings of anger, fatigue and tension can be dispelled with the appropriate amount of exercise routines if they are done regularly enough.

In fact, some individuals specifically start on an exercise routine anytime they feel any negativity taking over the mind and thoughts. This form of relief has proven its worth for a lot of people.

Therefore, in order to enjoy the feel good mindset and thought process, every individual is encouraged to have some cardio workouts in place on a regular and consistent basis.



# Chapter 4:

## *Cardio Training Regime*

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### Synopsis

There are a lot of different types of exercises that can be incorporated in the cardio training regimen. Understanding and picking the ones that would be most suited to the individual's needs is how a cardio training regimen is designed. Some of the exercises may require the use of certain specifically designed equipment, while others may just require some space.



## **The Workout**

The following are some of the more popular cardio training exercises available:

For beginners – this should ideally be done with some very simple and basic exercises done slowly to get the body accustomed to the introduction of the exercise regimen.

The ideal time frame for such workouts should about 3 days of cardio and 2 days of strength training. The cardio training regimen at this stage should ideally include the stationary bike exercise, walking workout, elliptical workout which is all meant to be done within one session.

Alternating this with total body strength workouts or yoga and gentle stretching exercises on other days with the same time frame would generally give the individual an almost complete workout for this stage.

For intermediate – here the similar exercise style is adopted but with a more intense and specific focus on particular parts of the body, and for longer periods of time for each workout session.

Different combinations can be incorporated into the workout but the intensity should be elevated to suit this level and requirements. The workouts should ideally include a 30 minute cardio medley workout, upper body training, and alternating this with 45 minute treadmill workouts and core training. Other days of training regimens may include exercises for lower body workouts and circuit training.

For advanced – here there is more intense focus on immediate training for each individual muscle group to create muscle mass and a toned body.



# **Chapter 5:**

## ***Stretching Your Body***

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### **Synopsis**

When it comes to conditioning the body for accommodating exercise regimen, there is a need for the body to be supple, thus the use of stretching exercises. The stretching exercises will help to build the flexibility in the chest, shoulders, back, arms and legs. With the use of a simple set of instruments such as a chair, a ball or a bench, these exercises can commence.





## **Getting Ready**

The following are some example of simple stretching exercises the body can use for conditioning purposes:

Quad stretch – for balance the individual can use a wall and holding on to the right foot the legs should be bent at the knee. Bringing the foot towards the buttocks until the kneecap is pointing straight at the floor.

Hamstring stretch – here the left foot is placed forward and the body is tipped at the hips, while keeping the back flat. Then lower this position until the stretch is felt in the back of the legs. Alternate with the other foot.

Chest and shoulder stretch – sit or stand with the hands clasped firmly together behind the back, while all the time keeping the arms as straight as possible, lift the arms towards the ceiling. This should be done only to a height that is comfortable and the stretch is felt in the shoulders and chest.

Upper back – claps the hands together in front and bend forward enough to create a round back position. Then press the arms outwards until the stretch is felt in the upper back area.

Biceps stretch – stretching the arms outwards with thumbs positioned upwards, and while rotating the thumbs down and back feel the stretch in the biceps.

Shoulder stretch – taking the right arm and placing it straight across the chest, curl the left hand around the elbow area and pull on the right arm gently until the stretch is felt in the upper right arm. Alternate with the other arm.



# Chapter 6:

## *Handling Injuries*

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### Synopsis

Exercise if done properly is supposed to enhance the general well being of the human body condition. However, it is possible to sustain a number of various different injuries during these exercise workout sessions.



## **Great Info**

The following are some of the tips to help the individual indulging in an exercise avoid possible injuries:

By knowing and recognizing the limitations and the fitness level the individual is capable of, the possibility of sustaining injuries can be avoided as the individual will be able to gauge beforehand if her or she can take on the particular exercise regimen.

Ensuring that the body condition is properly and constantly hydrated is another important element to ensure when working out. The body needs to have the essential vitamins and mineral to function optimally during and after a workout and without the necessary diets and supplements in place, this may become an injury prone problem for the individual.

A lot of people underestimate the importance of proper attire and suitable equipment. With the proper equipment used there is less likeliness of an injury occurring due to the equipment during the workout sessions. Proper attire can also help to prevent blisters and chafing or even causing the individual to be entangled in the equipment.

Adhering to proper warm up and cool down exercises will also help the limit the possibilities of incurring injuries during and after the

workout sessions. The mind is more alert and focused thus creating a careful mindset that helps the individual readjust to normal motor movements.

Often people who attempt certain exercises are not really familiar with the actual movements required, and this could lead to injuries being sustained. Therefore, it is very important to get expert advice before attempting any new exercises or unfamiliar equipment.



# Chapter 7:

## *Watch Your Weight Management*

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### Synopsis

Weight watching is something almost every individual does at one time or another. However, weight watching for those on an exercise program should be done at varied intervals to gauge the effectiveness of the program being followed.



## **Weight**

Sometime the chosen exercise regimen would need to be revamped if the individual is not getting any positive benefits especially in terms of weight loss changes, which should ideally be evident within the first few months of embarking on the chosen exercise program.

There are also other times when it would be necessary to watch the weight progress, and this is especially so if there is a set ideal goal weight that is the focus of the exercise regimen in the first place.

Some people find that watching the weight progress or lack of as a motivating factor. This very visible tell tale sign of the success levels being reached can help to keep the individual focused and willing to continue with the exercise regimen designed.

The weight watching can also help the individual to continue to push for further improvements, once it becomes evident that the exercise regimens are effective.

Weight watching management can also help the individual and those connected to the designing of the exercise program to incorporate exercises that are suitable to the weight of the individual, as this will help to lessen the percentages of possible injury during and after exercises.



The weights would in some cases dictate the kinds of equipment that would be suitable for use without causing undue stress to the body, and this is especially important for those who are just embarking on the exercise routine. Health and weight issues need to be carefully considered for this category of individuals. Thus, the importance of weight watching management should not be underestimated.



# **Chapter 8:**

## ***Watch Your Nutrition***

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### **Synopsis**

Going on a diet is usually the first step most people take when they want to lose weight or get in shape. This is then accompanied with an exercise regimen that is thought to be suitable for the intended goal.

However, it is very important to understand that when the body feels it is getting a lesser amount of food it will turn to proteins stored in the muscles to substitute for the lack, instead of breaking down the unwanted fats.

This is the body's way of ensuring the appropriate amounts of energy are still available for the daily functioning of the individual.

## **What You Eat**

Exercise sessions normally demand replenishment in terms of food intake after each intense workout; therefore it would be wise to seek out foods that are both healthy and nutritious such as fresh fruits and smoothies or shakes that are based on healthy content rather than to turn to high fat content foods.

Having a meal before exercising is really not necessary, as it would be very unlikely for a healthy individual to succumb to fainting spells or dizziness due to the regular exercise routine. Having a light nutritious snack would suffice or simply a glass of water. However, for those who have low blood pressure, eating a light meal before a workout session would be advisable.

As the muscles are usually still “feeding” even after the workout sessions have stopped, the ideal time frame to consume a meal would be at least an hour after the exercise. This is to ensure the body does not immediately use the energy provided by the foods consumed leaving the individual hungry again an hour later.

# Wrapping Up

It may be rather surprising to note that exercising without the proper nutritional intake is not going to produce the desired results. Most people are unaware that exercising alone without the proper nutritional intake both before and after the exercise sessions will actually be counterproductive. Therefore, it is important to identify and use the proper nutrition when embarking on an exercising regimen.