



**For More Information Contact:**

Stephanie Weiss  
Life Fitness  
847-288-5808 or [stephanie.weiss@lifefitness.com](mailto:stephanie.weiss@lifefitness.com)

**Weekly Fit Tip**

Issue Date: Oct. 14, 2009

**REV UP YOUR WORKOUT ROUTINE**  
***Cross-Train with Cardio and Weights for a Firm and Fit Body***

Thirty minutes on the treadmill, a familiar weight circuit and a yawn-inspiring session on the elliptical cross-trainer -- it's no wonder we're bored at the gym. But, as the old saying goes, "variety is the spice of life." If you're beginning to feel like you can't take another dull moment at the gym, add a mix of cardio, weights and deep stretching to rev up your workout routine. Cross-training improves overall fitness and should/can reduce injury by avoiding muscle overuse. Better yet, it also prevents the dreaded plateau and can help you see faster results including increased muscle tone, flexibility, balance and body fat reduction.

So don't grow tired of the same morning run or weeknight squats, stay motivated with a variety of fitness routines using these suggestions from the exercise experts at Life Fitness:

- **Mix Cardio and Weights.** If your workout consists of treadmill time only, work in a set of leg presses and arm curls starting with light weights. Conversely, if a weight circuit is all you do at the health club, hop on the elliptical cross-trainer every other day. Try a new cardio machine and develop new weight circuits every six to eight weeks to keep your muscles guessing.
- **Use the Programs.** With many of us hopping on the treadmill, hitting quick start and never touching the incline or speed again, it's no surprise our workouts become boring and tedious. Add variety to your cardio routine by muscling through the hill workout, or test your heart rate by working the interval program.
- **Take a class.** Working out in a group is one of the most efficient -and fun- ways to spend time at the gym. Try classes that have you working different muscles.
- **Hire Help.** If you're just not sure what to do next, it may be time to hire a personal trainer. Trainers can help you expand your workout repertoire and ensure you get the most burn for your buck. Talk with the trainers at your gym to find one who will help you meet your fitness goals.

*Fit Tips are provided by Life Fitness, the leader in designing and manufacturing high-quality exercise equipment for fitness facilities and homes worldwide. For more information on FitTips and other fitness advice and expertise visit [www.lifefitness.com](http://www.lifefitness.com) or follow us on Twitter at [www.twitter.com/LifeFitness](http://www.twitter.com/LifeFitness).*