

FITNESS

Body, mind require varying routine

Tired of the same old cardio routine? Well, your body is, too.

Regular modifications in your cardio catalog will keep your mind engaged, motivation high and body responsive. Here are some moves to get started.



YVETTE CRADDOCK

Jump rope. That little string provides intense cardio challenges and can be used nearly anywhere. Vary your moves by alternating legs; jumping and tucking your knees; alternating front and side kicks; jumping jacks and incorporating cross turns.

Take the stairs. Run or walk up and down flights of stairs to maximize your cardio burn. Try gaining access to stairs in a safe, commercial building or go to a local school and run the stadium stairs. Most gyms have a stair-climber machine that gives you the same intense workout.

Adjust that treadmill. Break your regular routine by varying the program, level and time. Try running for five minutes, followed by walking on an incline for two minutes, then repeat. By incorporating gradual and

steep inclines, and increasing and decreasing your intensity level, the treadmill will take on a new identity.

Spin your cycle. Alternate between a stationery bike and a spin cycle to set your cardio gear in motion. These similar exercises work different muscle groups.

Sprint sets. Go to the nearest track or park and mark 50-yard lengths with cones for sprinting. Sprint as fast as you can from cone to cone eight times in one set. Rest for 60 to 90 seconds.

Bosu your bounce. The bosu ball is a great tool for cardio and balance. Start to the left of the ball and jump sideways, landing with your right foot in the middle of the dome. After you land, hold your balance for two counts, step back down and repeat 16 times on the right, then switch sides. Pay attention to your technique and balance.

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