



Heart Health - We Got the Beat – What's New in Cardiovascular Fitness

Cardio is an essential part of every exercise program. It not only helps you lose or maintain weight, it helps you build endurance and can add years to your life. Here are some new ideas to get your heart pumping.

Try a new class. Step out of your comfort zone with these (available at various studios or digitally):

- Barre + cardio fusion
- Heavy rope classes
- Groove
- Rowing
- Pound
- Step Zumba

HIIT (high-intensity interval training)—The theory behind the workout is known as excess post-exercise oxygen consumption. You work where your heart rate is in the optimal burn zone (intense bursts of exercise, followed by short, active, recovery periods), creating an “after-workout burn” of calories for 24 to 36 hours.

Rock wall climbing—Enjoy a fun way to strengthen your core, build upper body strength, and enhance endurance while challenging your brain.

Apps—Nike Training Club, Johnson & Johnson 7 Minute Workout, and Sworkit are just a few applications that lead you through the development of a custom cardio workout.

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