



Do Cardio Like a Professional: "A Lot of People Know How to Walk or Use a Treadmill, but Are They Doing It in an Effective Manner That Will Actually Improve Their Physical Health?"

Trevor Clinger

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I try to tackle and explain cardiovascular exercise in the most basic form. I identify cardio and explain how cardio changes based on a person's goals or particular sport that they are involved in. I use the health principle know as F.I.T. to teach you how to be your own boss at choosing an effective cardio routine that will yield you the results that you have been wanting all along. Cardio is an essential component in weight loss and should be included in everyone's workout routine.

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