

A Beginner's Bible to Basic Cardio Exercises and Weight Training

By: EXZ Orders Inc.

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Chapter 1 - Answering the Two Most Important Questions about Exercise

In the late 19th century, the first books and publications dealing with health, fitness, exercise, and physical culture emerged. Today, there are still hundreds of new publications being printed every year covering the same subject matter. Surprisingly, while much of our knowledge about exercise has expanded, the goals remain the same: improved health, fitness and vitality.

Of course, this can only be achieved if you understand the foundational basics of exercise programs. Various different exercises will yield different results. However, all exercises programs - past and present - will center on the properly devised regiment for success.

This means one should always select the right exercise program for his or her needs, current fitness level, and lifestyle. To illustrate this, let's look at a two facets of cardio training:

anaerobic and aerobic workouts. While both of these cardio programs involve increased heart and lung functioning, their intensity levels are significantly different.

How you should exercise is a somewhat difficult question to answer in general terms. If there was a way to answer this in the simplest of terms, it would be to exercise in a challenging yet safe and sane manner. However, this is not an endorsement of perpetually low impact or low intensity training. While there is nothing wrong with low impact/intensity training, it leads to plateaus. If you are looking for enhanced strength, weight loss, or athletic performance, you will need to take your training up the proverbial notch.

However, you need to stay within the limits of your own personal health and safety standards. Sprinting at high anaerobic levels burns tons of calories and significantly increases stamina. However, anaerobic levels raise the heart rate enormously and make the processing of oxygen difficult. For a highly competitive athlete, anaerobic training is a must. Basketball players, for example, must run up and down the court for 2 hours.

Without anaerobic exercise training, they would never possess the stamina needed to do so. Similarly, someone new to exercise and conditioning would want to stay well below anaerobic training levels and stick with aerobic training. It is much less strenuous and requires less physical attributes.

Therein lay the main goal of all exercise: picking the right program to achieve goals. But what are the most important goals of an exercise program?

Chapter 2 - Defining and Achieving the Main Goals of any Exercise Program

No matter what exercise program you choose

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