Five Minute Exercises Using Cardio Machines

Hello [[firstname]],

In the ‘3 of the Best Cardio Machines For Indoor Workouts’ you learned all about the best cardio machines you can use, such as a treadmill, rowing machine, and elliptical. Now we’re going to go over ways to use these machines for a super fast workout.

[Insert Link]

Not all cardio workouts need to take a lot of time. If you have cardio machines at home, you can save just 5-10 minutes a day to jump on a machine, workout at your hardest, and still burn a good amount of calories.

**Turn Up the Incline**

One great way to get a better workout in half the time with a cardio machine is to increase the incline. This is usually a feature available with treadmills, and will really get your body moving and your heart pumping. The incline is the level of the platform when walking on the treadmill. It is similar to the difference between walking on flat ground or walking up a hill. If your entire workout was up a steep hill, you would definitely feel the burn.

**Move Faster**

Cardio machines like rowing machines, treadmills, and elliptical all allow you to go faster if you want to. With a treadmill, you program the speed, so this lets you track exactly how fast you are going. With an elliptical machine, you can change the resistance, but want to move your body faster in order to get the machine to go faster. The same is true with a rowing machine or an electric bike. Try to go faster as you progress more into your workout routine and you will get an excellent workout even in a short period of time.

**Carry Weights**

You can also try wearing weights on your body or carrying something while walking on a treadmill. You do want to be careful when you are trying out this method, so weighted clothes or shoes is usually a better option. However, when you are in a pinch, you can try carrying something heavy that won’t hurt your hands when you are on the treadmill. Adding weight to your body is going to require your body to work harder, so that blood is pumping and you are burning more calories in a shorter workout.

Remember that even if you only have 5 free minutes during the day, it is better to exercise as hard as you can in those 5 minutes than to not exercise at all.

[sign off]