

# Cardio Secret: Learn the Ultimate Fat Loss Method that you AREN'T Using!

If you are like most people, you have a very general understanding of cardiovascular training, and how it fits into your fitness program. Unfortunately, as is often the case with physical fitness, the general public understanding of a situation and the actual facts are often not the same!

When applying this principle to cardiovascular training, you have to ask yourself, "What is the best form of cardiovascular training?"

If you answered running, using a cross trainer, elliptical, or exercise bike at the gym, or you thought that swimming or bicycle riding was the answer, then you were 100% **wrong!**

What?!? How can that be? Running is a GREAT cardio activity. Swimming and bicycling are also excellent ways to get your heart rate up. Any of the cardio machines at the gym are equally effective. So why are none of those the right answers?

Cardiovascular training – like any other form of training – needs to be full of **variety**. It does not matter how good your favorite cardiovascular activity is at getting your heart rate up. It does not matter that you can swim or bicycle for 5 hours non-stop. It does not matter that you have become increasingly proficient on your favorite Precor or Lifestyle brand piece of cardio equipment at your gym.

**Your body is ADAPTIVE.** You need to understand how that word applies to your fitness training program. If you have stagnated and you can't seem to get any more results from your program, it is almost always due to the same thing; your body has adapted!

Whether you are talking about weight training, cardiovascular training, Yoga, Pilates, Spinning class, BOSU classes – whatever; your body will adapt to your training program. In fact, that is exactly why exercise is effective. You push your body, and it responds by becoming stronger, more flexible, and more easily controlled.

All of that being said, if you have reached a plateau in your training program, it is most likely because your body has adapted to any or all of the following things:

- The activities that you engage in
- The level of intensity that you use
- The length of time that you exercise
- The amount of time that you recover
- Your nutritional intake

Your body has adapted to your previously effective training program, and **now you are going nowhere!**

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How can you break out of this rut that you are in? How can you start seeing amazing and motivating results from your training program again? Keep your body from adapting! Read on to find out how to keep your body constantly guessing about what is coming next by using **Boxing Drills!**

Boxing drills?? You are likely confused at this point about how a technique used by prize-fighters can possibly help you to lose weight. It can and does work, though, and you can learn the “how & why” below!

## What are Boxing Drills?

First of all, let's clarify what boxing drills are. If you answered “It means to hit a target”, you are only partially correct. Striking targets is part of performing boxing drills, but there is more to it than that.

Boxing drills can include striking targets, different types of stances, stationary and as well as mobile drills, conditioning exercises, balance, coordination, and stamina. The exact type of program that you use can be either prescribed to the letter, or literally just made up as you go along.

## Striking Targets

Before you can strike a target, you have to decide what type of target to strike. 3 very popular systems are to hit a standing or hanging punching bag, hitting a “speed bag”, or hitting a hand-held target.

Hitting a standing or hanging punching bag is one of the best systems, because it allows you to really swing as hard and as fast as you can. If you use a standing punching bag filled with sand, it is very unlikely that you will be able to hit or kick it hard enough to knock it over!

Striking a speed bag is also a great activity, although it focuses more on hand/eye coordination, and less on the intense cardio that you can get from using some of the other methods.

If you have a training partner or personal trainer who can hold hand-held targets for you, then you get the best of both worlds. Provided your target holder is paying attention, they can usually escape injury from your wildest and hardest punches, allowing you to hit the targets with everything that you've got. Also, since your partner can move the targets around, you are forced to practice your hand/eye coordination, which is one of the many benefits of boxing drills.

## Boxing Training Protocols

Now that you have decided what type of targets to strike, now you need to think about what type of training you are going to do.

- Are you going to just slug away at your target until you are completely exhausted?
- Are you going to practice all of your right-side punches, then switch to the left side?
- Are you going to try to remember complicated combinations of different punch types?
- Are you going to incorporate kickboxing into your workout?
- If you have a training partner, will you have your partner stay in one place, or dance around the room forcing you to constantly readjust the position of your body?

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The answer to all of these questions is the same: Yes – do them all! To get the most out of your boxing drills, don't just stick to one training method. Do you think that professional boxers only learn one thing before they step into the ring? Also, do you want your body to ADAPT to your boxing drill program? Of course not. Change it up and have some fun!

## Benefits of Boxing Drills

The great thing about boxing drills is that you can benefit on many different levels from a program that is not very difficult to learn or implement. Some of the benefits include:

- Cardiovascular conditioning, including lower blood pressure and enhanced fat loss
- Increased stamina
- Enhanced hand/eye coordination
- Muscular conditioning
- Cross training your body and your mind
- Neuromuscular coordination
- Stress relief
- FUN!

Of all the benefits that come with boxing drills, one of the biggest is that they are just plain fun. By the time you beat up on a punching bag, speed bag, or a set of targets, you invariably end up winded, tired, and worn out, but you also feel GREAT.

In today's stress-filled society, just stopping the presses long enough to literally beat up on something until you are totally exhausted can be a very freeing experience. Not only do you get the many physical benefits of pushing your body to its limits, but you also get to practice the basic, instinctive need that we all have to just LET IT ALL OUT!

## Conclusion

Boxing drills are by no means the only training program that you should ever practice. However, by incorporating this physically and mentally demanding training protocol into your present exercise routine, you can burst through training plateaus, take your muscular and cardiovascular endurance to a new level, and relieve some pent up frustrations all at the same time!

*If you would like more information about how to incorporate boxing drills into your training program, or have any questions at all about the shortest and most effective path to your fitness goals, schedule a Fitness Consultation today and take your progress to the next level!*

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