

CARDIO-TRAININGS: ESSENCE, REQUIREMENTS FOR THE ORGANIZATION

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Cardio-training is a cardiovascular workout system that helps to increase your lung capacity. This is beneficial complex work, in which the main source of energy is the oxygen enters the blood from the lungs. This is beneficial complex work; the main source of energy is the oxygen which enters the blood from the lungs.

The goal of cardio-training is to strengthen the cardiovascular system, increase endurance, burn fat, reduce the risk of heart attack and diabetes, as well as improving overall health and making your stress level less.

The main types of cardio-trainings are running, walking intensive, jogging, all active kinds of sports such as skiing, skating, soccer, swimming and all athletics. Exercises increase endorphin levels in the blood, so people who lead an active lifestyle, usually do not feel depressive; they rarely get under the stress and do not suffer from insomnia.

Cardio-training is recommended to maintain the tone and to improve health (1-3 times a week) for losing weight and drying (3-5 times a week) at a set of muscle mass (1-2 times a week). During a workout, you should drink water. It delivers nutrients the body cells, where the muscles and internal organs especially need during exercises.

Intensity of cardio-training determined by the pulse. Therefore, before the training you should clarify rates of your heart. To determine the upper and lower heart rate limits you have to subtract your age from 220. If the resulting number is multiplied by 65%, we obtain a lower allowable limit, and multiplying by 85% - the top.

If you are new in cardio-training, it would be better to start with a mode of 50% of your maximum heart rate. In order to burn fat, suitable intensity of 60-70% of maximum heart rate. The optimal duration of sessions of 30-60 minutes. Shorter trainings are not so effective.

The human body was originally designed for motor activity, so a returning to the natural destiny will significantly improve objective health indicators.