Cross Training for Fitness and Fatloss

The numbers on your scale do not indicate whether you are fit or fat. Far more significant than your total body weight is the composition of your body tissue. If a man's fatty tissue makes up more than 14% up to 15% of his body mass, or if a woman's is more than 20% to 22%, he or she is considered to be overweight, or more precisely, "overfat".

A small amount of fat is needed for padding the internal organs and as insulation under the skin. Excess fat leads to such diseases as diabetes, gout, high blood pressure, coronary artery disease, and gallbladder problems. There are very few, very fat persons. The reason is that the fittest, not the fattest survive.

The problem now is focused on how to resolve the problem. The problem with most people who want to lose weight is that they have the propensity to concentrate more on getting those numbers lower than what they are seeing now. What happens next is that they strive harder to achieve a lower weight, according to the "ever reliable" result of a bathroom scale.

It would be more important to think of the human body as a heat-exchange engine that works on the basic principles of energy physics. The caloric balance equals the total calorie intake minus the total calorie expenditure.

Some of the calories people ingest are used for basal metabolism. As people get old, their bodies require fewer calories for this basic upkeep. Some calories are excreted as waste products. Some go into "work metabolism," the energy expenditure required for any physical activity.

When people take in more calories than are used by these functions, there is a definite caloric excess. By the laws of physics, energy is transformed rather than destroyed. In this case, each excess of 3,500 calories is turned into a pound of fat. If you want to reverse this process, you have to burn up 3,500 calories to lose a single pound.

Winning the War Against Fat

When you think of fighting fat with exercise, you probably think of hours of hard, sweaty exertion. If this is the case, then, you will not get any further. This is because people who are so much into losing more by exerting more effort tend to get bored easily. This does not have to be the case. Cross trainers such as ellipticals or [treadclimbers](#) give an enjoyable, yet challenging workout.

Studies have shown that when people exert more effort than they are capable of, it creates a feeling of weariness and depression. Often due to this, they give up, stop doing their exercises, and end up sulking on the couch with a bag of chips.

Now, you might ask, "What should be done instead?" The answer… cross training.

After some intensive studies and experimentations, health experts were able to come up with the concept of incorporating cross training in order to break up the monotony in an exercise program.

Cross training refers to the integration of diverse movements or activities into a person's conventional exercise routine. The main purpose of incorporating

cross training into an exercise program is to avoid excess muscle stress, and to put a stop to workout boredom.

Three of the most commonly used activities whenever a person decides to engage into cross training are swimming, running, and cycling.

In cross training, distance is one way to extend your activity as your condition improves. For this reason, you need to traverse a measured distance.

If possible, swim the course and measure the distance. If you will be using a running track, such courses usually are a quarter-mile per lap for a complete circuit. When using a treadclimber machine, some will track your progress for you, steadily increasing the difficulty of your workout.

Cross training offers a variety of benefits for fitness and fat loss. It builds up the strength and endurance of the heart, lungs, and blood vessels. It has also some tranquilizing effect on the nerves, and it burns up calories as much as it makes your "losing weight" more bearable.

Cross training has three basic components:

1. Aerobic exercises to condition the heart, lungs, and blood vessels and to induce relaxation. These begin with careful walking and jogging, depending on fitness level.

2. Strength Training, which is particularly important for good posture. These include activities that are designed to encourage people who may be burned out with their fitness routine.

3. Exercises to improve joint mobility and prevent or relieve aches and pains. These consist of a series of static stretching positions that are safe and effective for most of the people who wish to lose fat.

Cross training fitness machines, such as the treadclimber combine all of these cross training components, giving the person a faster, more efficient workout experience.

Indeed, cross training is a great way to modify the concept of exercising and losing fat without having to endure monotonous activities.

The whole idea behind cross training is to get a great workout while enjoying what you are doing. If your workout challenges you without allowing you to become bored, you will continue to come back to it, and as a result, you will be more successful in your fitness goals.