

Published based on [An Introduction To Aerobic Exercise With This Great Plan](#)

An Introduction To Aerobic Exercise With This Great Plan

Aerobic literally means oxygen referring to the consumption of oxygen by the metabolic system. After doing a short warm up activity, you just exercise for a minimum of 20 minutes. In doing weight loss programs, aerobics are always vital. Aerobic exercise involves working the larger muscles for long periods of time. Not only do aerobic workouts burn the fat, it keeps your metabolism up afterwards. After only 15 minutes of exercising, your glycogen starts to burn off, generating glucose, which then produces energy using oxygen, and burns the fat.

Quick Note: If you are ready to get the real deal body, then check out the fitness program of 2010 [P90X](#) and the Brand New [Insanity Workout](#) today at the best store around Xtreme Body Fitness right now. Don't hesitate get your 90 day and 60 day program and get ripped faster and easier than ever before.

Some examples of aerobic activity are jogging, cycling, and climbing stairs because you are continually moving, but golf, basketball or doubles tennis aren't considered aerobic activities. For example, continual running is an aerobic workout, while sprinting isn't because it's only a brief burst of energy. With an empty stomach, do your aerobic exercises first thing in the morning to burn the most fat. Do this because your body already burnt the glycogen overnight. The fat is burnt off quickly when your stomach is empty. Try doing medium to hard exercises regularly for a half hour 4-5 days a week. If you don't achieve some regularity then it will be hard to find the motivation to keep going.

Your home is a good place to do plenty of simple aerobic exercises. If you want to burn calories while toning your legs and keeping your heart pumping, try a great basic aerobic exercise like bike riding. Rollerblading and jogging are as much effective and inexpensive too. Or you can go on a long walk with your iPod. Setting personal goals and exercising will help as you bump up the exercise time each day. Another great exercise that's easy is just walking up and down stairs. A good way to keep your whole body in shape is swimming, which keeps your heart pumping and puts pressure on your joints. Also, working outside gardening, mowing the lawn, or weeding are some fun exercises.

Not only are these activities good for your body but they're inexpensive and easy to do. Aerobic workouts help you in plenty of ways, for example: Increasing strength in the respiratory muscles. Strengthening and enlarge the heart muscle and improve its pumping. The red blood cells and circulation of the blood are improved. Depression and stress are lessened. The muscles are improved by the level of endurance and stamina you achieve. In conclusion, it decreases the possibility of a heart attack. Aerobic exercises are a fantastic way to stay healthy and in shape, while toning your muscles and burning your fat!

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