



# Why Should I Cross Train?

**C**ross Training Fitness uses different modes of exercise or training to develop a safe and sound fitness regime. The benefits of cross training are numerous and include :



• **Reduced risk of injury** - Individuals are able to exercise more frequently and for longer duration without overuse and undue stress to the joints. For example, if you only run , over time the prolonged stress to the knees and lower leg areas may cause injury and require cessation of the sport and perhaps surgery and rehabilitation to allow a slow return to exercise. If runners add cycling, swimming or elliptical training to their routines they will allow sufficient recovery time as well as a good conditioning workout



• **Enhanced weight loss** - Research shows that individuals who want to lose weight and/or body fat need to engage in exercise that allows them to burn a significant amount of calories..this can be accomplished for longer periods of time if the individual combines two or perhaps more physical activities in a cross training regimen..i.e. 30 minutes of elliptical (non impact) training followed by cycling for 30 minutes.

• **Improved overall fitness** - Cross training allows you to develop muscular fitness as well as aerobic (cardiovascular) conditioning. The muscular strength gains will give the added benefit of improving strength and endurance while helping to reduce injury and controlling body fat and weight and improving overall functional capacity.

• **Adherence to exercise** - Boredom is the #1 reason people give up exercising. Variety while the spice of life, is also the spice of a fitness program. While cycling and running are great ways to exercise, they can become tedious and repetitive and once boredom sets in many people will be out the door of their fitness facilities and into the nearest donut shop.



Fusion has been the buzz word in the fitness industry for the past few years. Many trainers and fitness classes incorporate more than one mode of fitness into their workouts. Try a class that has cardio, strength and flexibility rolled into one hour or less of exercise and you will see a dramatic change to your body in body fat, strength and cardiovascular endurance.



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