

CARDIO GYM

CG6 - Work the Brain as well as the Brawn!

Why not work out the brain when we are working out the brawn! It only makes sense if we can work on our cardio vascular fitness, strength and cognitive reserve at the same time.

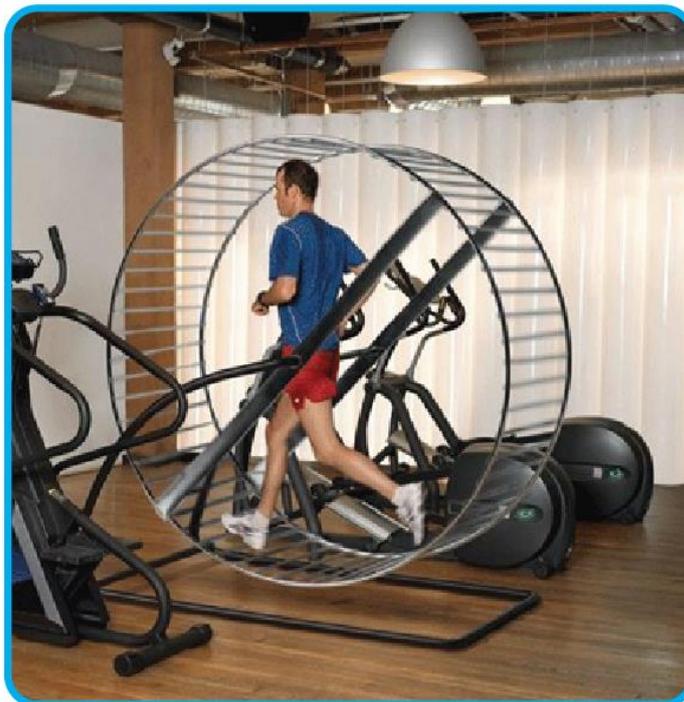
As we get older we don't just lose muscle, our brains can atrophy too which can lead to mental illness such as dementia.

A healthy diet and exercise is important for brain health, researchers found that people who participate in multiple healthy behaviours significantly reduce their risk for dementia. If your exercise involves coordinating more muscle groups together and adding more variables in the workout you are getting an even better cognitive workout; training the brain!

Most cardio machines although good for working our heart and some muscle groups offer mindless monotony. Repetition, repetition, repetition the same thing over and over again, day in day out.

Yes we are working on our cardiovascular fitness but if we can do a cardio work out and get added benefits such as improved, flexibility, improved strength endurance and importantly increase our brains cognitive reserve at the same time, then Why Not?? Kill two, three or even four birds with one stone as they say!

We like to get as many benefits from everything we do in life; we should feel the same when exercising. The beauty with CARDIOGYM CG6 is that you don't sit there like a rat on the wheel, thinking for the whole entire workout, when is this going to end.



CG6 allows you to simultaneously combine your lower body pedalling with a variety of upper body exercises, a bit like patting the head and rubbing the belly at the same time.



Co-ordinating our body takes some thinking but who doesn't want to be coordinated in everything we do and at the same time know we are working out our brain.

The variety the CARDIOGYM CG6 offers is also invaluable so we aren't doing the same thing every day, you can change your routine, by changing the exercises or the order of which you do each exercise or the length of time, this gets our brain working, concentrating and makes the workout feel shorter than it is.

All gym enthusiasts deserve the opportunity to get as many positive results from their workout as fast as they can and in a scientific study **CARDIOGYM CG6** was proven to deliver these results much faster than your traditional cardio equipment, such as treadmills and elliptical. And with the variety that **CG6** offers they no longer have to feel like that rat on the wheel to get the desired results.



“The old saying ‘use it or lose it’ totally relates to the brain as well as our muscles, so why not work them out together and obtain the optimum results with each workout, you will probably find they are good training partners.”