

# CARDIO GYM

## 10 reasons why a variable cardio workout on CG6 out performs a repetitive cardio workout on an elliptical!

Don't waste time doing boring repetitive movement with your cardio workout, time is too important and the benefits of a variable cardio workout are too many. Here are just 10 reasons why a variable cardio workout on CG6 is better than repetitive cardio workout on an elliptical!

1. Weight Loss- in a 30 day trial CG6 user's lost 6 times more body fat than those using elliptical.
2. A true total body workout - CG6 gives a real total body workout where you can target any muscle group to tone and build muscle in any area, on an elliptical your arms are there for the ride moved by the legs.
3. Heart rate- when muscles fatigue we slow down and our heart rate drops, by sharing the workload through more muscle groups we can maintain the intensity to easily keep our heart rate within our training zone.
4. Variety- A CG6 workout keeps you engaged with the virtual trainer taking you through a variety of exercises, compared to doing the same boring monotonous movement on an elliptical. The variety also helps your results from plateauing.



5. Flexibility- with the exercises performed on CG6 you get a good stretch through many different muscle groups keeping you more flexible, or save you time on stretching.

6. Wear and tear- Doing the same repetitive movement wears on the same joints and tendons which can cause wear and tear, by sharing the workload throughout your whole body you can avoid this.



7. Cognitive workout - by simultaneously working upper and lower body and changing exercises through your workout, CG6 offers a cognitive workout, something you miss out on doing the same movement on an elliptical.
8. Muscle fatigue - by sharing the workload through your entire body you avoid muscles fatiguing and can maintain a good speed and intensity.
9. Time- CG6 can save you considerable amount of time as you can work the whole body, where as an elliptical is just working your legs so now you have to find more time to work the rest.
10. Improve strength- With CG6 you can improve strength all over, rather than limited muscle groups.





# IN10CT™

INtense 10 body part Circuit Training

