Getting More from Your Treadmill by Simon

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If you've bought yourself a treadmill then good for you â€“ you are likely to find that by doing so you have given yourself a much easier and more accessible way to burn fat and build muscle from home. The simple fact that you don't need to travel to a gym to use a treadmill means you're ten times as likely to use it.

But if you're just running on the spot for an hour every day then you really aren't making the most of the workout and in fact you're probably wasting a fair bit of time. Here are some ways to get more from your training.

Interval Training

If you are not fortunate enough to have an hour every day to use running but still would like to tone your abs, then interval training might pose the solution you are looking for. Here you increase your efficiency by cycling, rowing or skipping more vigorously for a short burst, then taking the next few to go slower to allow yourself to recover. This enables you to run faster than you otherwise would be at least for brief bursts and so it also gets your heart working harder and thus increases your physical fitness. This also means that your body goes into more of an 'anabolic' state that will allow you to see more changes to your body as your circulatory system pumps round minerals and vitamins to help you recover more quickly and burn more fat. This also means that you can get a better workout without investing the same amount of time, leaving more time to do other things, and meaning you're more likely to feel motivated enough to run. Using interval training you can get the same amount of benefit in 30 minutes as you could in an hour of running normally. As a highly intensive form of training however this is only really recommended for people with no existing medical problems and at least an average level of fitness.

Incline

Your treadmill comes with an incline most likely so use it. Running with the incline on will create a deep burn in your calves that sees your legs become much more toned and athletic looking very quickly. At the same time by using the incline at least slightly you can actually reduce the chance of damaging your knees.

Barefoot

Running barefoot is very good for you because it more closely mimics the way we would have run in the wild and places less strain on the joints. At the same time this develops the muscles of our foot and this in turn burns more fat. However running barefoot outside can be dangerous as people tend to leave bits of glass and dog manure strewn around. Use a treadmill however and you have no such risks making it a great way to get back to your roots with no risk attached.

Pre-Exhaustion

This is a bodybuilding term coined by Joe Weider which refers to the act of working out hard in order to get a muscle group burning that will make the next exercise more difficult. Try doing a heavy abs workout then before you go running and suddenly you'll find you increase the impact of that ab workout several fold.

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