

Put some weight into it
By: Pamela Greene

Aerobic Sculpting

The best reason I could ever come up with for adding weights to your current workout reminds me of my first encounter with lifting. I had been teaching for quite some time, but was not seeing the results I wanted to see. One of the participants in my class suggested that I add weight lifting. I was so pleased with how quickly my body responded to the weight training. However, I wasn't pleased with how bulky it made. So, while pondering things over in my mind; I knew weight training alone would not bring all the results I was looking for because I knew the value of cardiovascular training as well. Initially, I was doing weight lifting and aerobics separately then I decided to incorporate weights while doing cardiovascular training during the entire class. After just a few classes, we all benefited from body definition and amazing inches off the entire body. This discovery had a name...sculpting. I call it aerobic sculpting because I took advantage of weight training while doing aerobics at the same time.

According to the Journal of Applied Physiology, fat cells need oxygen to burn completely so in order to burn more fat during an exercise you need to move slowly and smoothly. This allows muscle cells to be supplied with enough oxygen to continue with its aerobics capacity and utilize fat as the main energy source. So if you perform a squat at a pace that is slow and steady your oxygen usage can endure the exercise. How does this relate to weight loss? The demand being placed on your muscle for energy uses your body fat as a fuel source over glycogen (carbohydrates turned into sugar). Anaerobic exercising requires moving at an increased pace or with greater effort than just weight training alone. When you combine aerobics with weights this results in a greater demand for oxygen.

Aerobic Sculpting is designed to shape and tone the body without building muscular size or bulk. Aerobic Sculpting is highly recommended because it helps retain lean muscle tissue while boosting metabolism. Aerobic sculpting (for safety reasons) moves slower than traditional aerobics because you are holding weights. This means the impact on your body is intense, but the impact towards your joints is not. Aerobic Sculpting improves blood circulation to fatty areas of the body (which is often sluggish). Consequently, fat is more difficult to metabolize (no surprise here), so Aerobic Sculpting style exercises really bring blood flow to those areas of your body helping you burn body fat at a more efficient rate according to the Journal on Exercise.

The ultimate goal of Aerobic Sculpting is to produce firm, strong active muscle tissue. This way you can burn calories more efficiently than body fat or un-toned muscle, even when you are just resting! We know you will get a better looking body from Aerobic Sculpting; especially if you make a point to do it four times a week or more. Since you are not training as a body builder its' ok to work out your entire body not just upper on Monday followed by lower on Tuesday, etc. My motto has always been about time.

Most of us only have an hour to give to exercise and so make the most of it but focusing on your entire body...not just a body part.

If you have doubts about weight training give Aerobic Sculpting a try. It is a great total body workout. If you have already been working out and need a push for your sluggish metabolism, Aerobic Sculpting is for you. From the beginner to the more experienced this style of exercise benefits your heart, assist in lowering blood pressure, balances blood sugar levels, and so much more. There are inches to lose and firmness to gain; your body is waiting.