



Fitness Tip

Resistance Training vs Cardio

Anytime Fitness Englewood provides gym membership at reduced costs PLUS additional resources and benefits at no cost to ASAC Members. Convenience is the number 1 barrier to gym membership and with over 3900 gyms and 24-hour access it eliminates that barrier.

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Making the decision to go to the gym is a great step to living a healthier lifestyle. The questions, now what? Most gyms have a mix of exercise machines, free weights, suspension training, kettlebells, etc. If you are new to exercise, it can be overwhelming on what to do next. For many reasons, you can become intimidated or have the fear of looking silly by trying new things at the gym. This leads to jumping on a cardio machine and calling it a day. This isn't necessarily a bad thing because the treadmill, bike, stairmaster, or elliptical are a great way to burn some extra calories. However, resistance training has the potential to burn more calories in less time if done correctly. Circuit Training is a great way to combine resistance training while working on your cardio fitness. The following circuit uses only dumbbells and targets the whole body.

https://www.pumpone.com/print/1528128458884394742.pdf?image_size=medium&print_options=image-tip-tracking&paper_type=us-letter

Summer Safety Series 2018
Issue 1 | June 27, 2018

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