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## Cardio

Posted by AJH - 2008/02/10 08:23

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I heard that the best way to lose weight fast is to do cardio 20-30 minutes 3 times a week. What cardio exercises do you suggest?

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## Re:Cardio

Posted by harshads - 2008/02/19 10:59

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Well,It is very nice tip to get more fit but I would suggest you to do it for atleast 5 days a week.So you will see the better effect in your health.:)

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## Re:Cardio

Posted by bulletservice - 2008/02/19 12:03

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Bicycling is my favorite one. This is great cardio exercises, depending on resistance and speed you can 250 to 500 calories in 30 minutes. I recommend it for fast results. Others are Racquetball, Step Aerobics(for women),Racquetball,Rock Climbing,Cross-Country Skiing,Running, Elliptical Trainer, Rowing and Walking is all time hit. Walking can burn up to 180 calories in 30 minute.

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