

# NAKED BEAUTY

## Anti-Cellulite Cardio

### 3 Top Choices for Anti-Cellulite Cardio:

#### 1) Incline Interval Walking on Treadmill

##### Sample Program A:

- 2-minute 'warm-up' at 3.0MPH and 2% incline
- 2-minutes at 3.2MPH and 4% incline
- 2-minutes at 3.4MPH and 5% incline
- 2-minutes at 3.6MPH and 6% incline
- 2-minutes at 3.6MPH and 7% incline
- 2-minutes at 3.6MPH and 8% incline
- 2-minutes at 3.4MPH and 6% incline
- 2-minutes at 3.2MPH and 4% incline
- 2-minutes at 3.0MPH and 2% incline

##### Sample Program B:

- 2-minute 'warm-up' at 2.5MPH and 3% incline
- 2-minutes at 2.8MPH and 6% incline
- 2-minutes at 2.9MPH and 7% incline
- 2-minutes at 3.0MPH and 8% incline
- 2-minutes at 3.1MPH and 9% incline
- 2-minutes at 3.2MPH and 10% incline
- 2-minutes at 2.8MPH and 8% incline
- 2-minutes at 2.7MPH and 4% incline
- 2-minutes at 2.6MPH and 2% incline

**For an outdoor option to the above sample programs** – try slow upward hill walking. This is ideally done on a grassy or sandy hill (the higher the better).

Start slowly by taking steady strides up the hill until you reach the top – then turn and with a regular walking pace – come back down.

Go up again – and with each time you go back up – increase your stride length slightly (take a bigger step) until you reach the top – then turn and with a regular walking pace – come back down. Do this for a total of 18 minutes – then hit the showers sweetheart ;-))

## 2) Tension Stepping

### Sample Program A:

When used 'properly', the well-known stair stepper is an excellent tool for anti-cellulite cardio. There are many brands of these on the market for both home and health club users, the most popular being the 'Stairmaster' – but no matter which one you have access to – here is the way YOU need to use it:

The key is in keeping the 'speed' low – so you end up moving 'slower' – but you want to use a bigger stepping range – meaning you want to 'exaggerate' your step stride. WITHOUT leaning heavily on the hand-rails or arm-rests – You can gently touch them for balance.

If you've ever seen people in a gym or fitness center – taking these really short, fast steps – while leaning over on the arm-rests – THAT'S exactly what you SHOULDN'T do...

So, you are to take SLOOOOOWWWWW – and long steps. And you do this by keeping the speed low (not fast). Go for 18 minutes – and you are finito, Baby!

Find your own comfort zone in regards to 'your slow speed' – and feel free to vary it a little – especially as you get 'fitter'...

### Sample Program B:

All you need for this is a staircase. This could be in your house – or even the back deck/porch.

Start at the bottom of the staircase (doesn't matter if its 6 steps or 36 – the results are still 'hot') – and take only one step at a time – to the top at a regular pace – then come back down. FEEL FREE to use the hand rails or walls for balance.

Now go back up, stepping up TWO steps at a time. In other words you skip a step (you step on every other step), Then come back down as you normally would. REPEAT THIS 2-STEP CLIMBING for 18 minutes – then hit the showers darling – you are done.

If the 2-STEP gets easy feel free to try 3-STEPS (this is easier for taller women – and may not be necessary for you)

**For a nice outdoor option to the above...**

Go to your local elementary or high school stadium – and do the ‘Staircase Routine’ there, on the stadium stairways – this is one of my personal favorites.

### **3) Up & Downs**

This one is PERFECT when the weather is bad outdoors – or if you feel like watching TV while you do your Anti-Cellulite Cardio...

All you need for this is a simple utility step or pantry step or step box – or even the first 2 steps of a staircase...

Start by standing right in front of the step.

Step up with the right foot...

- Then up with the left foot...
- then down with the right
- and then down with the left – so its... UP – UP – DOWN – DOWN

Keep repeating this UUPD sequence for a total of 18 minutes – at a slow to medium pace – you NEVER need to go fast on this one either...

If you find this is too easy – feel free to use a slightly higher step.

Feel free to switch your leading foot every 2 or 3 minutes – to ‘keep things balanced’