

Cardio Kickboxing # Fun While Chiseling

Ever wish that you could kick your stress to the curb and achieve a celebrity-sculpted physique? Cardio kickboxing offers stress-relieving benefits and incredible physical benefits.

Millions of people across the world, including red-carpet lean machines like Pamela Anderson, Magic Johnson, Shaquille O'Neal and Carmen Electra, are hooked on cardio kickboxing. These intense workouts come in many forms, including the hugely popular Tae Bo exercise routines.

If you've seen cardio kickboxing in action, you might think that such a thankless workout can only result in pain, injury, exhaustion and a bucketful of sweat. And, you might be right. But if you can endure the ache and exhaustion, you will see incredible body-chiseling results.

Cardio kickboxing combines aerobic exercise with boxing and martial arts movements. The grace and energy of an aerobics class blends with the thrill of martial arts and the action of boxing to create a fun and beneficial form of exercise. Cardio kickboxing not only tones the muscles and makes them stronger; it sharpens your reflexes while increasing your balance, speed, flexibility and coordination. Cardio kickboxing is also an excellent stress reliever. When you feel that the weight of the world is on your shoulders or you just can't take the pressures of your professional or family life, take some time out and kick your life up a notch. You deserve to take a healthy break, and cardio kickboxing is a fun alternative to your regular boring exercise routines.

This is hard work without question, but it is definitely hard work that pays off. Cardio kickboxing can burn as many as 1,000 calories per hour. If you're constantly covering your bulging tummy, saggy arms or dimpled thighs, try burning through that fat with a cardio kickboxing workout.

While there are countless benefits to a cardio kickboxing workout, there are also some downfalls to consider. The most important negative to keep in mind is the serious possibility of injury. You need to know how to complete the moves, and you must be careful to protect yourself from possible injuries. In order to get the greatest benefits, and avoid the potential dangers of cardio kickboxing, be sure to discuss the exercise program with your doctor or health practitioner. This is especially important if you suffer from health problems, or have undergone orthopedic surgery. Once you've received the go-ahead from your doctor, it's time to find a qualified cardio kickboxing instructor. Your instructor should have certification from a qualified fitness organization. When you, and your instructor, are ready to go, begin exercising at least three times a week, or as advised by your exercise team.

Attitude is everything when taking on any new challenge. Be prepared to succeed, but don't set yourself up for disappointment. You're not going to walk out of your first class with a butt like Carmen Electra, or kicking butt like Jackie Chan. Success will take time and effort, but you will achieve it.

Cardio kickboxing is exercise, dedication, motivation, commitment and seriously hard work. No other form of exercise or martial arts can give the same benefits that you will achieve through cardio kickboxing. Losing fat, shaping up, toning muscles, burning calories, regulating the heart, busting out of monotonous exercise routines and gaining the skills and confidence to defend yourself. That's one serious package. It's no wonder that so many people, including the world's hottest celebrities and most powerful athletes, have made cardio kickboxing their exercise of choice.

Don't be afraid of the hard work. Focus on the results and try cardio kickboxing. Go ahead and sweat by the bucket. Feel your body respond and your muscles grow. Stretch a little. Box a little more. Kick high. Kick really high. Cardio kickboxing will give you the health and energy you need to bring out the dynamo in you.