

A TREADMILL WORKOUT TO REDUCE THIGHS

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Reducing thigh weight is more complicated than doing dozens of lunges across your living room. Thinking you can reduce weight in one location by doing a targeted exercise is the false notion known as spot reduction. A treadmill workout is better for reducing your thighs because it causes fat loss throughout the entire body. You are best served performing interval training, which causes faster weight loss than steady-paced exercise. This is performed by alternating your intensity between high and low efforts.

PRELIMINARY STRETCHING

When you board a treadmill and start exercising, you activate numerous muscles and joints. If this connective tissue is cold and tight, you run the risk of suffering an injury, such as a pulled muscle. Spend a few minutes doing dynamic stretches. Unlike static stretches, these are performed in motion and get your body acclimated to exercising movement patterns. Perform stretches such as forward and side leg swings, ankle bounces, lateral lunges, arm circles and alternating toe taps.

RAISING YOUR CORE BODY TEMPERATURE

After stretching, your next objective is to perform a light warm-up. This gradually raises your core body temperature, supplies your muscles with oxygen-rich blood and further loosens up your joints and muscles. Start at a slow pace and progressively increase it through a five-minute span of time. If you are new to exercise, this might just be a brisk walking pace.

INTERVALS

Once your body is thoroughly loosened and warmed up, you are ready for your intervals. Increase the speed to a point where you are exercising at a maximal intensity. Again, this is going to be based on your current fitness level. You might be jogging or sprinting. Move at a pace that you feel is an all-out effort and remain there for 20 seconds. Reduce your pace to a light effort for 40 seconds and continue to alternate back and forth for the remainder of your workout.

TRAINING DURATION

The American College of Sports Medicine recommends 60 to 90 minutes of moderate-intensity physical activity five days a week for adequate weight-loss results. Being that interval training is so intense, you can achieve favorable results with 30 to 45 minutes of exercise. You also have the option of doing interval workouts and long-duration workouts on alternating days. Perform long-duration workouts at a steady, moderate intensity where you can still speak while training.

TRAINING TIPS

The times of 20 and 40 seconds are just examples. Make your intervals as long or short as you want. Make sure to give yourself adequate recovery time between your high-intensity bouts. A good rule of thumb is to follow a 1-2 ratio of work to rest. For example, if you run fast for 15 seconds, jog lightly for 30. Treadmills also come equipped with an incline adjustment. For a variation, raise the incline for your high-intensity bouts. This also causes you to work your leg muscles with more emphasis.

REFERENCES

- American Council on Exercise; Why is the Concept of Spot Reduction Considered a Myth?; Jessica Mathews; MS, E-RYT
- "The New York Times"; A Healthy Mix of Rest and Motion; Peter Jaret; May 2007
- Sports Fitness Advisor: Dynamic Stretches and Stretching Routine
- American College of Sports Medicine: Physical Activity and Public Health Guidelines

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