

## Cross-training

Cross-training in sports and fitness refers to the combining of exercises to work various parts of the body. Often one particular activity works certain muscle groups, but not others, Cross-training aims to eliminate this. Jogging, for example, is excellent for endurance, and prolonged use of the large muscle groups in the legs. A jogger may lift weights in order to build muscle and increase upper body strength, which running cannot provide.

## Benefits of Cross-training

- Trains and conditions more muscle groups, which is better for functional fitness
- Reduces exercise boredom which will inspire motivation
- Allows for flexibility for busy lifestyles by meeting your training needs and plans
- Produces a higher level of all around conditioning, both cardiovascular and anatomical
- Conditions the entire body, including muscles in the joints and core that are smaller and often ignored
- Increases upper body strength
- Reduces the risk of injury
- Works some muscles while others rest and recover
- You can continue to train while injured
- Improves your skill, agility and balance –functional fitness

### What exercises should make up a good cross training routine?

- **Cardiovascular Exercise**
  - Running (*PBC boot camp*)
  - Swimming
  - Cycling
  - Stair climbing/hill running (*PBC boot camp*)
  - Rope jumping (*PBC boot camp*)
  - Racquetball / basketball / other court sports
- **Strength Training**
  - Calisthenics (push ups and crunches and pull ups) (*PBC boot camp*)
  - Free Weights (*PBC boot camp*)
  - Machines
  - Tubing and Bands (*PBC boot camp*)
- **Flexibility** (stretching, yoga) (*PBC boot camp*)
- **Speed, agility, and balance drills** (*PBC boot camp*)
- **Circuit training, sprinting, plyometrics and other forms of skill conditioning** (*PBC boot camp*)

With cross training, you can do one form of exercise each day, or more than one in a day. If you do both on the same day, you can change the order in which you do them. You can easily tailor cross-training to your needs and interests; at our boot camp, we try to incorporate cross training for you to maximize your time and results. We mix and match your training to meet your bodies needs and change our programs a regular basis-daily. Exercise can strengthen the cardiovascular system, bones, muscles, joints, reduce body fat and improve flexibility, balance and coordination. But if you want to see all of these benefits, you'll need to start cross training.