

Cross Trainer

Work your entire body!

- **THE GOOD** – Almost every gym has one, can buy one for your home, low impact on joints, done indoors so no weather problems
- **THE BAD** – You will need to join a gym or buy the equipment yourself, can become monotonous, a solo activity
- **HELPS** – Tone all major muscle groups, improve cardio fitness levels, balance, stamina
- **CALORIES BURNT IN 20 MINUTES**
– Approx. 466
(depending on exertion level)
- **CALORIES BURNT PER HOUR**
– Approx. 1400
(depending on exertion level)



Manual Cross Trainer Program For Weight Loss

Victor M. Corman



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