



TERRY ROBERSON/THE BATTALION

## Kickin' butt

Newest trend in aerobics offers complete workout

BY BETH FOCHT  
The Battalion

"Step, step, kick and lean and punch. Lunge, punch, punch and step, step and kick." The instructor screams this combination out into a class of 40 as they follow without missing a beat or step.

Cardio kickboxing, the newest cardio aerobic workout sweeping health clubs across the nation, offers the alternative workout for anyone looking for a combination of fun and getting into shape.

The class combines aerobic and cardiovascular elements while toning the body and teaching self-defense.

Cardio kickboxing has four components: boxing, sparring, rhythmic exercise and punching-bag work.

Kara David, an aerobic kickboxing instructor and a senior agricultural science major, said the one thing she always tells people is that aerobic kick boxing is a total workout.

"We target the entire body in the class," David said. "Leg toning is a big focus in the class along with doing extra kicks and punches. One thing that really helps the workout is working with punching bags.

The bags create resistance and, ultimately, help to increase the effectiveness of the workout."

Cardio kickboxing's greatest appeal seems to be to women. According to the National Association of Professional Martial Artists, which regulate more than 900 aerobic kickboxing programs nationwide, women typically make up over half of the

classes around the country.

David said she finds her classes to be composed of women, but men are now becoming interested in this workout.

"My classes are mainly women, but I am starting to slowly, but surely, get more guys into the classes," she said. "Men like this type of workout because it increases their flexibility."

The amount of calories burned per hour in cardio kickboxing brings both men and women to the workout. Up to 800 calories can be burned per hour, as compared to 300 or 400 calories in a one-hour, traditional aerobics class.

David said people can start seeing results soon after beginning to take classes.

"Depending on your body type, it takes about three to four weeks before someone would start seeing a difference in how tone their body is," David said.

For those who would rather do this type of exercise at home or while traveling, there are a variety of video's that offer the same workout.

Among the most popular, Tae Bo offers some of the same basic steps found in a cardio kickboxing class.

Corie Thorson, a junior zoology major, said she has found these types of videos to be a fun and complete workout.

"Cardio kickboxing is fun and it gets you more interested in working out," Thorson said. "Basic aerobics classes seem silly to me. This workout has a purpose and you learn self-defense moves like kicking and punching."

Thorson said with a workout as intense as cardio kickboxing, it does not take long

to start seeing results.

"You definitely feel like you get a workout because it seems every muscle in your body burns the next couple of days," she said. "After only three times of doing these videos, I started noticing a little bit of definition in my stomach and I could certainly feel the difference."

Even though cardio kickboxing offers a well-rounded workout, people who are interested in this type of workout might be cautious of a few things.

Sandy Kimbrough, a lecturer in the health and kinesiology department, said cardio kickboxing has both good and bad effects on the body.

"Cardio kickboxing is pretty much the same as any cardio workout," Kimbrough said. "It helps in the prevention of diabetes, heart disease and obesity. If done correctly, the risk of injury is low, but you have to watch out for bad technique and inexperienced teachers."

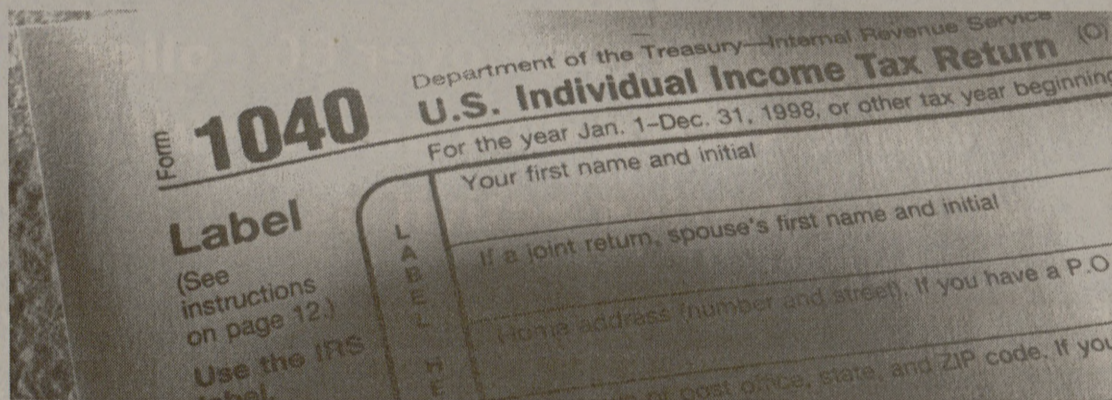
Kimbrough said there are several common injuries people should watch out for.

"The most common injuries found in aerobic-type classes is lower back overuse and knee injuries," she said. "You do not want to do cardio kickboxing more than twice a week to prevent injuries, and you also want to cross train."

Kimbrough said other types of workouts are helpful in decreasing the risk of injury and completing the workout.

"You want to do some other aerobic activity with cardio kickboxing along with strength training," she said. "You want to strengthen your legs, your abdominals and do light weights for the upper body."

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