



Morning Cardio

Here are some slim-down tips:

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Add morning cardiovascular exercise to your fitness routine. After breakfast, hit the streets for a jog or step onto a Stairmaster or similar stationary fitness machine at home or the gym. Getting your heart rate up quickly and down slowly is the ideal cardio interval.

Craig Ramsay

Courtesy of Craig Ramsay

Craig Ramsay is a fitness expert, an author and a winner of season 8 of The Amazing Race Canada. Follow him on Instagram at [@craigramsayfit](#).

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