



Fitness Model Abel Albonetti Uses New Lightweight Speed Jump To Solve Effective Cardio Workout to Lose Fat

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Abel Albonetti who is an ISSA Certified Personal Trainer and Fitness Model uses EXOUS Bodygear's new performance speed jump rope to educate people on the effective cardio workout it can give on his Youtube channel.

Abel Albonetti has a popular fitness youtube channel with over 10,000 subscribers where he shows his training routines and also educates viewers on how to improve their fitness and body appearance along with diet and nutrition tips. The video named 'How I cardio Prep' discusses how to do high-intensity style cardio workouts to improve the fat loss ability of the body.

Using the new EXOUS Bodygear performance speed jump rope allows for very fast style high-intensity style cardio workouts which according to Abel is a better way to burn fat. the Cardio sessions should be devised as such:

30 seconds as fast as one can and then 30 seconds recovery, doing a cycle of 8-10 times. Cardio sessions

can be combined with sprints, stationary bike and should last around 20 minutes, starting from 1-2 sessions upping it 3-4 sessions per week.

Brand manager Mannie Kaur had the following to say: "We are pleased that Fitness Model Abel Albonetti loves using our performance jump rope and showcasing how you can use it for effective high intensity cardio workouts is the perfect example of what the product was designed for."

The Exous Bodygear performance speed jump rope has been designed for ultra fast spinning with a lightweight (88g) construction and only 4.5-inch handles to allow minimal wrist fatigue. It is made from a non-tangle speed cable which is available from amazon.com and amazon.co.uk.

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For more information about EXOUS Bodygear, contact the company here: EXOUS BodygearM Kaur+447766727740admin@exousbodygear.com

EXOUS Bodygear

EXOUS Bodygear is a sports and outdoor brand who produce high quality consumer products in the health and fitness market

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