

I F#\$@ing Hate Cardio! The True Motivation Killer

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Synopsis

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Very few people in the world actually enjoy doing cardio on a regular basis. Truth be told, it can almost feel like a chore when you think about how much time you have to spend skipping rope or how many miles you need to log in for your jog. The biggest problem with not having fun while doing your cardio is that it ends up being unsustainable. This is a very concerning matter because the only real way you can see dramatic results from your fitness efforts is if you are able to sustain it for the long term.

Here lies the dilemma: You need to keep on doing cardio consistently. However, for whatever reason, you just can't bring yourself to actually enjoy the process. Well, it's true when they say that it might just not be for everyone. Although, you might also be approaching it in the wrong way. If you can make a few tweaks in your approach to cardio, you might end up loving it, and it'll also love you in return. Learn more about the secrets of unlocking the powers of cardio training [here](#).

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