

14 Fitness Tips by the Professionals - Part 2

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By applying at least some of them to your workout or fitness and health programme they can help you stay on track. OK, Let's continue...

8. Try it, you may like it: If you do not like working out, or have been shying away from a particular exercise, just do it! It's possible that you don't like a particular exercise because you haven't tried it - or you tried it and found that you are weak at it. The only way to change this is to get up and get at it.

9. Rationalise to optimise: Try doing the same workout in less time. By forcing your muscles to do the same amount of work in a reduced time it makes them work harder and also has the added benefit of improving your endurance. Try to pick a routine that targets the whole body and aim for an initial reduction of around 10% of your time.

10. Leave the best to last: Many people have trouble completing a routine because they leave the exercises they do not like to the end. If you start with the exercises you dislike, there is a good chance you will complete the entire routine because the things you like doing are at the end.

11. Work the weak and the strong: Alternate between training the weakest and strongest muscles first. By starting with the weakest muscles you can concentrate on proper execution and development. You will be surprised at how improvement in the weaker muscles also helps improve your performance with the stronger muscle groups as well.

12. Keep it real: Assess your goals regularly. Set a long-term target that has short-term measurable goals. By checking your progress at regular intervals, say every four weeks, and finding that you are succeeding, you will generate motivation to making it to the end.

13. Rest and relaxation: If you are a regular exerciser, cut your weekly training programme back for one week in every six. Rest and relaxation will help you to avoid injuries and give your body the much needed rest it needs to rebuild and strengthen.

14. Give it a break: If you are sick, avoid exercising. It is important to allow the body to heal and rebuild the damaged area. Avoid using the resources required for repairing and rebuilding when this is a priority. It is better to wait until you are better, then the same resources can help you to develop muscle and endurance.