

The truth about fitness and exercise

By Ronnie Husberg

Like with so many other things in life there are multiple things one has to consider with fitness and the exercises that come with it. You can't just begin doing exercises at the gym or start running at a steady speed just like that. You must remember that the body needs to be heated before you start running and that you need to perform the various exercises at the gym right. If you don't follow these simple "rules" you'll just end up hurting yourself instead of getting the results that you are looking for.

The most important thing within fitness is to do things right, that means not to lift too heavy, to do exercises with the correct movement and not start up too rapidly, let the body adapt first.

In this report I've put together the most useful and basic information you'll need to know about fitness and what exercises that you should use. You must also take into consideration the condition your body is in at the time you choose which form of fitness you'll like to begin with.



Increase Fitness Levels With an Adequate Strength Training Routine

By Andrew Cheyne

The overall health and physical fitness of any individual is directly related to how he or she feels physically, as well as mentally. When keeping up with your daily routine is hectic and you feel exhausted at the end of the day, then chances are your fitness level is not optimal. An overall strength training routine done on a regular basis will increase your fitness level, in turn making you more resilient to a busy lifestyle. There is a lot of help online from websites offering to create a free fitness programs.

The only problem with free fitness programs is that there are so many to choose from, so where do you start? Health and physical fitness is very essential but there are a few factors to consider before choosing a strength training routine. The first thing to consider is what you may want to achieve. Do you want to lose fat or gain muscle mass? Do you want to improve your stamina or improve the strength of certain set of muscles? Try to establish your goal clearly as the best strength training routine for you will vary according to the outcome you are expecting.

The second most important thing to remember is that strength training routine will need to be supported by proper diet, in order to progress. Choosing a healthy and nutritious diet is vital to the body and will also be dictated by the goal you want to achieve. It goes without saying that smoking and excess consumption of alcohol is a definite no no.

If you have chosen to follow a strength training routine based on reducing excess fat from your body, do not concentrate on any specific areas. Aim for the overall reduction in fat. If you are very conscious about the fat on your belly, doing many repetitions of crunches alone is not going to work. Similarly if you considering building muscle mass do not concentrate only on one set of muscles as this will bring about an unbalanced development of your physique. Each set of muscles should be exercised at least one to two times per week.

In any strength training routine, rest is as important as training. In fact the gain in strength and muscle mass mainly takes place during rest periods. Also if you over-exercise there is a possibility of injuring muscles and ligaments. A rest period of 24 to 30 hours is considered ideal in any strength training routine.

Try not to be impatient about results during your strength training routine, as health and physical fitness can only be achieved gradually. Stick to your routine, get the adequate amount of rest and proper diet, and you are guaranteed to see results. The results vary among individuals as people have different body types and the level of fitness at the start of the program will also be a factor.

According to research, it has also been observed that to get optimum benefits from a strength training routine, the exercises have to be varied, and the intensity changed every four weeks or so. This keeps the body sufficiently challenged, and the result is a constant increase in the level of health and physical fitness.

Quality Of Exercise Versus Quantity Of Exercise!

By Brandon Richey

One thing that I catch myself addressing with potential clients, contracted clients, and clinic attendees is the constant battle of Quality vs. Quantity. If I have one pet peeve when it comes to training its that people allow the worry or concern of Quantity to override good form and good technique. Now my complaint with this is 2 sided. In other words, I do get frustrated with having to reign in guys by having them to focus more on technique rather than just lifting the heavy weight, but what really gets my blood boiling is watching so-called "professional trainers" pushing clients to an unnecessary breaking point by doing this.

First of all, if you can't get the designated number of reps in then you just can't do it, period! If you are starting to get your body back into the routine of training then you do need to push yourself, however this is not the time for pushing yourself to the point of doing sloppy work. NBA legend Larry Bird once quoted and said it best, "Fatigue is a funny thing. Once it sets in the mind is the first thing to go." This is very true and this is why it is so important to work on good form and good technique so that when fatigue does set in your GOOD habits are ingrained to the point that the exercise or drill you are performing is still on par.

If you are just starting back into training or are looking to step up your program its fine to up the intensity, but just make sure to up your concentration and don't allow the intensity upgrade to comprise your training technique. If you focus in on the "good," the reps, stamina, and improvement will come in good time. Like I said, there are many gyms and trainers out there that don't know how to do this. This is something that varies from person to person and any professional "worth his or her weight in gold" should know how to handle it.

If you have been training or are thinking about starting back into a serious training routine then you have got to make sure that you stress good form and technique. There is no room for sloppy work, but there certainly is NO room for a professional standing over you to allow it! Feel free to access more of my articles on the issue for free. Remember that most anyone can train hard, but only the best train smart my friend.

To learn more about Kettlebells, Fitness, and achieving Total Mind-Blowing Strength come and visit me at <http://www.efandps.com>

To be one of my members and to receive more tips on INSANE BODY CONSTRUCTION please visit me at: http://www.efandps.com/www.efandps.com/Brandons_Members_Newsletter.html I'm Brandon Richey the Strength and Conditioning Pro!



Daily Exercise Chart

By Charlene Nuble

A daily exercise chart is basically a chart that lists the type of exercise you should do, when you should do them and how many repetitions and sets you should make. It can also contain personal information such as weight and other measurements. This type of chart can help you keep track of your body mass index, heart rate and pulse rate, as well as the calories you burn or target to burn, workout duration and intensity of the exercise.

Benefits

Keeping a tangible record of your exercise program helps your brain remember what routine you did yesterday and what routine you will do tomorrow. Without it, you can easily forget details such as type of exercise and number of reps and set which are very important if you want to maximize the benefits of exercise and ensure that you remain faithful to your program.

It also helps you track your progress on a daily basis. It gives you clear information on exercise routines that need more work. It is the tool that can be used in tandem or as substitute to your personal trainer.

Kids' Exercise Chart

Parents who are concerned with the health of their child can benefit from this tool. It is extra helpful for parents in order to closely monitor the exercise routines of their kids. It is very hard to motivate kids to exercise especially now that you have to compete with television, video games and the internet. With the use of kids' exercise chart your kids can actively participate in designing an exercise program that is good for their health and at the same time, allows them to enjoy their childhood. Take note: do not be too picky when choosing your kids' exercise. Walking, running, swimming, biking, hiking, and other active games count as exercise like jumping ropes and rollerblading.

There are free downloadable blank kids' exercise charts online that come with different colorful designs.

Free Charts for Adults

There are lots of blank exercise charts you can easily download online. Be careful though, many downloadable items online contain spyware and viruses. To be safe, make sure that you only download exercise chart on reliable and legitimate websites.

You can also get blank charts when you buy certain products such as dietary items and weight loss supplements. Some gym and fitness clubs also offer free exercise charts for their members.

Make Your Own

Creating your own is easy. Any word processing software can be used to make a blank chart. Create tables with labels according to your needs. Leave columns for types of exercise, repetitions, sets, intensity or amount of weight, days of the week, amount of time and special notes where you can write particular details that do not belong in other columns. You can also choose to add more spaces for body measurements, body weight, body mass index, pulse rate and heart rate

You may not be the type of person who wants to keep records of all things. Still, keeping track of your [exercise](#) routine will help in many ways. You have decided to spend hours each week on a certain exercise program; taking a little of your time organizing your program using daily exercise chart won't hurt.

Charlene Nuble is a health care professional who loves writing about parenting, women's issues, health and other stuffs that interest her. Click on the link to learn more about [Exercise...](#)

How to Start Exercising and Stick to It

By Ayana Roberts

It is important to start your weight loss plan with the right mind set or perspective. You will have more success if you realize that "a new you" is a lifestyle change with long lasting behavior modifications that have to be made.

Step 1 is to make sure that you have self-efficacy, or confidence in yourself to know that you will succeed.

Step 2 is to make exercising very important in your life. Add it to your list of things to do each day. Make it as important as eating, or spending time with your family. Taking care of you is important. A better, more energetic you will be appreciated at home as well as work.

Step 3, set your goals. Determine what you want to accomplish in 30 days, 3 months, 6 months and 1 year. Your 1-year goal should be a larger overall goal. An example is reducing your need for medication or reducing your reducing your risk for chronic diseases or cancer.

Step 4 is to champion your own cause. Make it a major event in your life. Tell supportive friends and relatives about your new lifestyle change and ask for encouragement along the way. Having the right support will provide the right amount of encouragement and accountability you will need. Don't think about exercising just to fit in a bikini or your favorite pair of jeans. Also, don't exercise to lose an unrealistic amount of weight around a holiday, vacation or an event where you want to look good. You may set yourself up for failure when you try to have extreme results in a short amount of time. These events can be small milestones or steps along the way to your larger goal. Taking pictures of yourself at different points in the year can also be used to see how far you have progressed.

Step 5, find exercises that you like. A great way, if you are a member of a gym, is to try the different group aerobics classes. Find 2-3 classes that you like and make them a part of your daily schedule. To also help you succeed, find activities for each season. For instance, if you do not like exercise outside when cold, try indoor activities that will keep you motivated. Indoor rock climbing, kettlebell workouts, and indoor pool workouts are all great examples. If you are having trouble with staying motivated, hire a trainer. He or she can help provide motivation and accountability you need. Finally, just as Nike says, get off of the couch and just do it. There is no better time to start than right now. Good luck!

Ayana Roberts

[Atlanta Personal Trainer](#)



Chisel Your Core

By David Grisaffi

There are some great and amazing ways to chisel your core; it does not take much effort. Chiseling your core muscles should not be a mission impossible and for most people just getting out of bed in the morning can be a huge struggle and a daunting task, but this does not have to be the case.

We all have our reservations about exercising and most people just do not have the determination and resilience to keep at it. Well, you know that they say no pain, no gain, or no burn, no earn. Choosing to chisel your core has numerous benefits and the results are simply amazing once you stick to it and work hard.

No one said it would be easy, but if you want to look good and feel good, then you must put in the hours and stay dedicated.

Your core muscles are not listed on the human anatomy and they are classified or called your core muscles because they make up the core. They are not distinctively marked as core muscles, but they are a group of muscles that play a very vital and crucial role when it comes to playing sports, having stamina and so forth.

Core muscles are those muscles that are found in and around your trunk and pelvis area. They girdle that area. Your core muscles are vital when it comes to maintaining stability when reaching, stretching and when you bend. The benefits of building, strengthening and chiselling your core are countless and broad. Strengthening your core muscles is also great because it will definitely improve your posture and it will protect you from lower back problems and pain.

The Pilate's workout and Pilate exercises are perfect for chiselling your core and they are very simple, basic and straight forward to do. Not much is needed to get into the swing of Pilate workouts and exercise. You should try it and once you have, you will see that you can do it with such ease and grace. Pilates focuses on slow, sustained movements and exercises that involves lying on an inflated ball, and these movements work on your core muscles. Resistance training also provides a great workout to your core muscles, it is more focused and challenging and will not only build mass but it will also build core strength and chisel your core.

If you do Pilate exercises effectively, consistently and properly, you will be able to lose inches in 6 weeks or sooner. If you do power Pilates and high energy walks, you will chisel your core in no time and you will lose inches under 6 weeks. There are a lot of muscles groups involved when it comes to building core strength and you can either focus on one at a time or you can work and build all of them at once. Another great variation when it comes to chiselling, building and strengthening your core is through a very good and powerful walking program.

That is, you should have a daily walking power program. In your power walking program, you should vary the walking speeds and the walking tempo. On day one, you can start off at a moderate and steady pace but you as you progress during the week, you must increase and decrease the tempo, do not keep walking at the same tempo. These exercises might seem hard on paper and in theory, but if you do it, you will find out that it is not too hard to do.

You should also incorporate 6 to 8 very good and solid Pilate exercises into your routine. You can include star fish extensions, double leg exercises; seated side twists with triceps extensions, breast stroke and scissor Pilate exercises. All these are very good and they will add diversity into your workout.

David Grisaffi is a Sports Conditioning Coach and holds multiple certifications including three from the prestigious C.H.E.K. Institute: Level II Corrective Holistic Exercise Kinesiologist, Golf Biomechanic, and Nutrition and Lifestyle Coach. Plus he is also the author of the popular selling e book, "Firm and Flatten Your Abs," which teaches you how to develop a ripped abdominal region. Visit his site at <http://www.flattenyourabs.net/>



Shrink Belly Fat With Interval Training

By Rob Mac

Interval training is a concept that not many people know much about. The average person trying to lose weight will just go to the gym and workout, with no really intensity in mind. However, switching between different levels of activity can help you to shrink belly fat faster than some other methods of exercising. This article will help you to learn more about interval training and present it as an option for you to use to lose weight.

Cardio interval training involves alternating between high and low intensity training. If you are jogging, you can sprint for 30 seconds to increase your heart rate, and then allow your body to rest for 60 to 90 seconds of a light jog. On a machine, it may be easier to time yourself while doing the different intervals of exercise. Most people who do cardio workouts tend to stay at the same speed and intensity, but mixing it up is actually way to keep your metabolism up, build endurance, and work your heart.

Many machines, such as an elliptical, can be programmed for different resistance and speeds. You can use this feature to set up an interval training workout so that you do not have to remember when to start and stop with the different levels. Creating a routine involving various inclines, speeds, and times will confuse your muscles and body, which can allow you to shrink belly fat effectively.

Stationary bikes will also allow you to get in a good workout with interval training. Like the elliptical machines, there are a number of setting you can use to create a solid workout. This can be used in junction with the elliptical to change up your workout and keep you from getting bored. Some people who exercise with a bike think they are getting a break, since they are able to sit while burning calories. If this mental thought works for you, choose the bike whenever you can.

Interval training does not only help you shrink belly fat and keep it off, it also works to improve the health of your heart. It helps to increase the stroke volume, which is the amount of blood that is pumped through the body with each beat. The more blood pumped with the each heart beat, the less the heart has to work. Since interval training increases the flow of your blood, it is a beneficial way to decrease the amount of work your heart has to do, keeping it healthy.

To learn more about the proper [belly fat exercises](#) that can get you the rock hard abs you desire, check out the free information at MotivateFitness.com.

Your Weight Loss Plan - Top Tips To Make It Work Remarkably Better

By Beni Smith

Following a weight loss plan is more than just about making changes to your eating habits. In order to get your daily caloric energy levels well balanced, you will have to burn energy through some exercise, like for example:

- Outdoor sports
- Instructed gym sessions
- Workout at home

Outdoor sports, such as tennis and golf, are a great type of exercise. You can attend all kinds of social events in the majority areas and you may find a few new friends. Tennis is a brilliant sport to increase your fitness and it's a great social activity but it's not the best activity to do when you are just starting your fitness program. If you aren't already fit to a certain extent then you are probably best to start with an activity that will keep you at a slower pace.

Whatever exercise you choose, starting off slowly and building it up over a few weeks is vital to be able to stick to your new workout routine. If you start off by jumping straight into a hard routine it's possible you'd get an overexertion injury, such as shin-splints, and then you'd have to take a break from exercising to allow time for your injury to heal. So, better is a slow start, but be persistent.

Burning body fat will at some point also require regular sessions with trained gym professionals who will be able to show you how to work out on all the different sports equipment correctly. Paying for a gym membership and going regularly a few times per week is quite a serious commitment. So, why not investing in your own exercise equipment so that you can do your daily workout routine in the comfort of your own home?

The running machine is fast becoming the most common choice of home exercise equipment for many people. Treadmills are brilliant for those wanting to get rid of some weight and improve their cardiac health. When looking for a treadmill, look for one with a decent motor, wide belt, incline capability and a warranty.

If you are wanting to tone up your abdominal muscles then the ab roller or ab wheel is a fantastic choice. All you need to do is grab hold of the handles with your hands, get on your toes or knees, then simply wheel it out in front of you. Then back again. You will have to determine how many reps you'll do as everyone is different. I dare say it won't be as many as you think. To start off with it can be quite difficult but you'll soon get used to it.

A brilliant way to tone up and lose some calories is by utilizing a well-known device called a mini trampoline. This cheap sports equipment is often overlooked by people. It is perfect for strengthening your joints, tendons and muscles without the danger of over-straining them.

Start out by utilizing it for walking on place for a short while at a time. Then, gradually build up to at least ten to twenty minutes brisk walking or light jogging in one spot a day. You can space it out into two 10-minute sessions with a few minutes slower walk in between each one.

You see, integrating a workout routine into your weight loss plan you can stick to does not need to be necessarily expensive or time robbing. But it is essential in order to ramp up your metabolism and will have a great impact on your health.

About the Author

Beni Smith created <http://www.over15stone.com> where she reveals her own successful [weight loss plan](#) to encourage others to find their way to a healthier life style.

Stomach Exercises, Cardio Vascular Workout and a Good Diet - The Secret to a Better Body

By Horace Tait

When trying to lose weight it is extremely difficult to lose the weight specifically around the belly. This stubborn fat can be a challenge to get rid of but with a dedicated program of stomach exercises and a good diet it is possible to slim the abdominal area. Ultimately it is through combining different types of exercise that it is possible to tone the stomach and achieve that poster perfect body.

One of the ways in which you will have to exercise is by doing cardiovascular routines. Cardio vascular exercises lead to all over weight loss and whilst they do not focus on the stomach specifically, it is important to do this type of exercise if you are going to cut the waist fat. Essentially cardio work will reduce your body to fat ratio and improve the condition of your heart. Cardio can be anything from running to rowing, to using a cross-trainer and even performing star jumps. Ideally if you are planning to lose weight it is important to perform cardio exercise for around three to four hours a week.

The other element to toning your stomach and losing that fat is to perform abdominal specific exercises. This type of workout will work towards increasing your core strength and can consist of anything from sit ups to crunches; normally these can be performed whilst lying on your back, tensing the stomach muscles. Additionally, reverse crunches or leg lifts can be useful, as can equipment such as exercise balls.

One of the more modern ways to perform stomach exercises is to utilise electronic stimulation devices such as ab belts. Whilst there is a large amount of conjecture and argument surrounding their usage the ability to contract the muscles at a rapid rate should mean that a workout via a belt should help in conjunction with other cardio and core strength exercises.

Naturally as part of any weight loss regime it is important to make changes to your diet. There is very little point in performing exercises whilst eating fast food every day. Ultimately you need to keep an eye on the calories you are consuming and work to a specific weight loss target intake.

Hopefully the preceding approach to [stomach exercises](#), weight loss and toning should help towards a slimmer more toned body. With enough dedication and combining toning work, cardiovascular and a good diet it is possible to achieve a great deal.

How To Exercise Without Making Yourself Crazy

By Golda Poretsky

Until really recently, I had had a strict "no joining gyms" policy. This policy was based upon good solid reason and logic -- in the past, I would join a gym, go religiously for a few months, get sick and not go for about a week, and then never go back again. Ever. Plus, I wouldn't even work out at home because it would remind me of how guilty I felt about not getting to the gym.

I know, it's crazy. But I know from friends and clients that I'm not the only one who does this.

Once I learned about Health At Every Size and took the pressure off myself about losing weight, not joining a gym was really great for me. I would take long walks, do aerobics or yoga DVD's, and I would do it pretty regularly.

But lately, I started feeling the pull to join my local Y. They have a pool, daily water aerobics, really new weight and cardio machines, and a generally pleasant, laid back vibe. I took a tour with a friend and we both loved it. And since joining, I've been going about five times a week, mostly to do water aerobics but also to use the elliptical. I absolutely love it, and I feel really good.

So how did I get to this peaceful, happy place with working out and exercising?

Well, there are methods to my madness. So if you're feeling kind of stuck when it comes to fitness or not sure how to do it without over-exercising/guiltying yourself/obsessing about weight loss etc., I'd like to give you a couple of tips how to do it in an emotionally healthy way.

So here are my top five tips on how to exercise without making yourself crazy.

1. Do What You Find Fun. Just because your best friend swears by hot yoga, it doesn't mean that you have to do it. It doesn't have to be difficult or unpleasant to be really good for you.

Why? Because if you like it, you'll want to do it, and if you don't like it, you won't want to do it. It's really that simple. It's not like phys. ed. class in school, where you had to do whatever the class is doing. If you like dancing around your apartment -- fantastic. Great. Do that. If you like water aerobics, find a place that has it and do it. It is worth the money if you like it and it makes you feel good. When you exercise in a way that you actually enjoy, you still get tons of benefits, and it's SO MUCH EASIER to do because you actually want to do it!

2. Be Open Minded & Try Different Things. Experiment with different kinds of exercise and see what appeals to you. Be willing to try something new and revise your opinions.

Why? Because when you're open minded, you may find that what was once true for you isn't true anymore. For example, even if you always thought you had two left feet, you might really enjoy a dance class. Or, even if you always found the weight room intimidating in high school, you may not feel that way now, as an adult. If you're checking out gyms, try to get a free week or day at different gyms, and see where you feel most comfortable. You don't have to make a decision right away, and you may be surprised by which place you like the most. (I also really recommend YMCA's and YMHA's because they're usually less "hard selling" than commercial gyms.)

3. Don't Keep Statistics. I mean it. Don't track anything about the way you exercise. Don't track how many minutes of cardio, or how many pounds you lift, calories burned, or your weight or your measurements.

Why? You don't need it, and it can make you crazy. You know when you've been working out regularly and when you haven't. Your body tells you. You notice when your endurance has gotten better when

you get less tired walking to the train. You notice when your muscles have gotten stronger when you lift a bag of groceries with less effort. The point of exercise is not to constantly compare (and judge yourself) against a standard from last week or last year or 20 years ago. The point is noticing how your body feels. And if today your body feels tired and you only do a little, that is fantastic too because it means you're listening.

4. Schedule Your Workouts. Block out time in your schedule for classes you want to take or working out at home. Make that time as sacred as possible by not scheduling anything else during that time. Be realistic about the time you need, including time to stretch, shower, etc.

Why? Exercising really is "me time." It's time that you are putting aside, just for you, to make you feel good. Putting your favorite classes or home workouts in your schedule is a signal to yourself that your health, well-being, and personal time is really important. I literally schedule my water aerobics class (and travel time and shower time) into my schedule and don't schedule clients during that time. I know that no matter how crazy my day is, I have that time blocked out just for me and I can look forward to it.

5. Invest In Workout Clothes, Sneakers, Etc. That Are Right For You, Fit You And Make You Feel Good. When you have sneakers that fit right, clothes that fit, etc., exercising is so much easier and more enjoyable.

Why? It's really hard to concentrate on exercising when you're worried that your bathing suit is too tight or your sneakers are worn out. Wear clothes that make you feel good -- even put on some makeup if it helps. Truly, it's better to wear one outfit that you like over and over again, than wear really old clothes that make you feel embarrassed. I notice when I have things that support my workout, (prescription goggles) then I'm more likely to workout and really enjoy it.

Alright, hotties, let's get cookin'!

Golda Poretsky, H.H.C. is a certified holistic health counselor and leading authority on Health At Every Size who specializes in transforming your relationship with food and your body. Go to <http://www.bodylovewellness.com> to sign up for her newsletter and get your free download - Golda's Top Ten Tips For Divine Dining.

What's the Best Cardio Workout? It's Not What You Might Expect

By Ruth Sandelwood

If you want to lose weight fast, finding the best cardio workout is crucial but it may not be as difficult as you think.

Cardio or cardiovascular exercise increases your heart rate and is also known as aerobic exercise. The type of exercise which falls into this category includes swimming and running, cycling and jogging.

There are also plenty of ways to get your heart beating faster in the gym, using rowing machines, the treadmill or stationary bikes, elliptical trainers and so on.

It may sound as if you need to take up a sport or go to the gym. However, that isn't the case. You can also do cardio exercises at home using the stairs for stepping, running on the spot or riding a stationary bike if you have one.

So What is the Best Cardio Workout?

Contrary to what you might expect, recent studies have shown that short periods of cardio exercise, that is ten minutes several times a day, work better than one longer period.

This is good news for those of you who have busy lives and find it hard to fit an exercise program into a demanding routine. So if you work long hours or have a house full of children to take care of, you can more easily find time for ten minutes in the morning, ten minutes the evening and ten in your lunch break or before the kids get home from school

There are plenty of exercises you can do at home without equipment. The eleven minute RAF workout is a good example. Or you could borrow an aerobic workout DVD from the library. Just make sure that whatever exercise plan you choose is right for your current level of fitness. If you haven't exercised in a while, start with a program aimed at beginners and if you have any health problems, consult your doctor first.

Advantages of Cardio

Cardio workouts have many advantages, especially if you are overweight as they help to burn calories fast. And a cardio workout will also help you feel better, which is great news if you suffer from depression or find your mood drops when the weather is gray and gloomy.

You get plenty of health benefits too, as cardio will strength your heart and lungs. And it's great for condition such as diabetes, high cholesterol and high blood pressure. It's also very good for stress. So if you have a busy life, cardio will help you unwind.

Your Ten Minute Workouts

As you can see, there is plenty of choice when it comes to choosing your ten minute workouts. So pick a combination of cardio exercises that you enjoy. For example, you could do ten minutes of aerobic exercise such as step, running on the spot and skipping at home in the morning, go for a ten minute jog in the park at lunch time and then have a ten minute bike ride after work, or with the kids when they get home.

You can also vary your mini workouts. Try to exercise 3 times a week. If you choose one day at the weekend you could do something completely different. For example go to a park and roller skate for ten minutes, kick a ball around the backyard for ten minutes or spend some time in the pool and make sure you swim hard for ten minutes allowing yourself to splash around and have fun for the rest of your visit.

The Best Ab Workouts For Women

By David Grim

Believe it or not, the best ab workouts for women are often performed without fancy equipment or expensive machines. In fact, you probably already have everything you need right now to do these exercises and start sculpting those abs. Just remember though that all the exercise in world won't help unless you get the proper nutrition. Cut out the sugar, processed food and unhealthy snacks to help speed up the fat loss.

You Don't Have To Do These Exercises Everyday To Get Results.

You don't have to do ab exercises everyday to get the results you are after. If you wanted to get better looking arms would you do bicep curls everyday? Of course not. So don't do that with your abs. 3 days a week or every other day is more than enough to get results. Finish off your regular workout with these exercises:

Planks. They look innocent enough. You're not moving but believe me this exercise really makes you work! Get down on your toes and elbows, keeping your body as straight as possible. Now keep that position for 30 seconds to 2 minutes if you can. Perform at least 3 sets of these every time you work your abs.

In And Outs. Sit down on your butt and place your hands at your sides. Keep your upper body rigid as you take your feet off the ground and bring your knees to your chest. Now extend your legs out straight then bring them back to your chest. Repeat this movement for as many reps as possible for 30 seconds. Rest 30 seconds and then do it again. Do this 3 or 4 times. For additional difficulty, take your hands off the ground.

Jack Knife Sit Ups. Start by lying on the floor and placing your hands over your head. Now bring your legs up to about a 45 degree angle while at the same time bending your torso off of the ground so that you can touch your toes. Return to the starting position and repeat the movement. You should try and do 15-25 reps for at least three sets. Rest no more than 1 minute in between. Add a medicine ball to increase the difficulty.

Consistent Effort Will Pay Off In The Long Run.

Don't get discouraged if you aren't seeing results right away. You have to make sure that your nutrition is in line with your goals. If these exercises are too difficult find some substitutions that you can do to build up some stamina then move on to the harder exercises. Then doing the best ab workouts for women will be no problem for you.

If you want to learn more about the [working out](#) you should visit my blog. David Grim is a personal and group trainer who works with men and women to help them get fit and lean. For useful tips, techniques, ideas and commentary on fitness and exercise visit him at <http://www.GetFitGetLean.com>

If you enjoyed the tips and techniques revealed in this report, then I have good news for you. I'm just barely scratching the surface here. There are 3 really advanced step-by-step guides that's going to reveal to you everything you need to lose weight fast and easy. They're called: "The Bodybuilding 4 Idiots Program", "Holy Grail Body Transformation Program" and "vince delmonte fitness bodybuilding program ". If you're looking for systems that really works, and gets you instant results, there here you have it. They get my highest recommendation. Hundreds of people all over the world have use these programs to see results fast, and now you can too. Take a look a find the one that works for you at: [The Bodybuilding 4 Idiots Program](#), [Holy Grail Body Transformation Program](#) and [vince delmonte fitness bodybuilding program](#) Go now, and you'll be glad you did.