

Workout Routines And Plans To Keep Your Body Fighting Fit

As the old age saying, goes “a stitch in time saves nine” is very apt for this situation. People need to act fast before it gets too difficult to ward off the fat and come back into shape. Healthy diets,

May 4, 2009 - [PRLog](#) -- People these days have become very health conscious, thanks to the growing awareness about proper health and nutrition requirement of the human body. Habitual workout routines and regular exercises help in keeping fat at bay and burn the extra calories. In addition, the workouts boost the body immunity. Our lives have become highly stressful owing to the monotonous routines and hectic work life. There are many ways to achieve a fighting fit body. One can implement any of various workout plans according to one's own requirement and comfort level. There are number workout plans devised depending on an individual.

Weight loss plan: The paramount method to loose weight is the cardiovascular exercise workout plan. Several exercises can be classified under the cardio category like swimming, cycling, and hiking. The only control that you need to undertake is for the dietary intake, which should be according to diet plans.

Muscle building plan: Working out at the neighborhood gymnasium alone does not fulfill the requirements to have a fit and muscular body. A strenuous workout routine with weights ranging from low to high and high protein intake can ensure muscle building and mass gaining.

Endurance building: endurance is tough to enhance with normal routine, but with high stamina exercises like terrain biking, marathon running and mountain biking can help you build stamina. One important thing to note here is body loses fluids and salts quickly in endurance building exercises thus you need to ensure that you keep your body hydrated all the time.

A workout routine consists of following a cycle of exercises weekly and sticking to the exercises whatever the case may be. The exercise can range from biceps, triceps, shoulder, back, chest and legs. Body needs time to regenerate the dead and damaged cells therefore the workout routine should be devised with utmost care and precision. One thing that is to be kept in mind is to avoid the repetitive routine to avoid getting bored and not to rush things while dealing with weights.

Another category of workouts is the home workouts. Home based workouts are for the people who are unable to follow a fixed workout routine. They are easy to implement and not too expensive to continue. Simple exercises that people can do at home constitute home workout routine. Foremost step is to decide an aim that you want to achieve and based on that aim you may chose cardiovascular, flexibility, strength training or an amalgamate of all three routine home workouts.

Various exercises that cover up the home based workout routine are the simple warming up before exercises followed up by maximum push-ups that one can do, a break in between and then pull-ups and chin-ups. Next step is weight-training session with dumb bells and weight of different kinds for shoulders and arms. Biceps and triceps exercises combined with bench press can you upper body workout. All this can be clubbed with squats that are excellent for your lower body and final step towards the cardio i.e. treadmill session and stretching for flexibility.

Home workouts are the best way to achieve fighting fit body after the regular workout out routine in the minimum expenses.

For more visit <http://www.theworkouts.com>

51 Hotspur Road,
Wallsend,
Tyne and Wear,
United Kingdom,
NE28 9HB.
Phone +44 (0) 191 2340422
website: <http://www.theworkouts.com>

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Source	Simon Gittins
City/Town	Wokingham
State/Province	Berkshire
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