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Planet fitness workout routine pdf

Dear Lifehacker, I really need to exercise more often. I've considered trying something like the Lifehacker Workout, but I just don't feel like I have the time. I'm up in the morning and right out the door to work, then when I get home I barely have time to eat and relax before I have to go to bed. How can I squeeze a workout into my routine? Signed, Getting PudgyPhoto by cumidanciki.Dear Getting Pudgy, We know how you feel! It can be difficult to carve out time to exercise or take care of yourself when you have so many other responsibilities pulling you in every direction. That said, finding time for a half-hour to an hour-long workout every day doesn't have to be difficult. Here are a few ways to hack your schedule so you find the time to work out, or at least force yourself into making the time. After all, your health is important. You should definitely make time for it.Work Out With Other PeopleOne of the best things about The Lifehacker Workout is that it's designed to be done with other people. Even if you're alone in your home when you work out, you still have to chart your progress and tell other people how well you're doing. Use your Twitter followers or Facebook friends to encourage you, and post your workouts to your social networks so your friends can keep up with your activities and cheer you on. (Just don't spam them!) The encouragement you'll get from your friends and family cuts both ways, too: when you miss a workout or miss your goals, everyone will see, so you have some real encouragement to keep up the pace. Photo by Deane Thomas Rimmerman.Another way to build on that social motivation is to use a webapp or service that encourages social exercise. The Lifehacker Workout uses Fleetly, a social workout tool that's built to help groups and friends track their workouts, share their progress, and engage in a little friendly competition. You may also want to consider a service like Fitocracy that encourages group participation, challenges, and social encouragement.Put It On the CalendarI know, easier said than done. Still, if your employer thinks boring staff meetings are important enough to put on your calendar every day, don't you think taking care of yourself is important enough to make your calendar too? Pick a time that you really want to squeeze your workout into, and just schedule it. If it doesn't work out, you can always move it later. I'm a fan of scheduling a workout right after work, so you get the benefit of having something to force you to stop working and leave the office. The same applies if you schedule your workouts first thing in the morning: give yourself something rewarding and energizing to do before you start the day. Either way, clearing out a specific time, bookending other important activities, and putting it on the calendar—complete with reminders—will make sure it stays on your radar and you don't forget it. Many of us can't wait to pack up and head home at the end of a long workday: we count down the...Read moreGet a Workout BuddyOnline encouragement will only take you so far. If you really want to make sure you get a workout into your regular routine is to schedule your workouts with another person. The two of you can encourage and support each other, and if you ever try to sneak out of your daily workout, your friend can make sure to drag you to the gym (and vice versa.) Plus, making sure to schedule your workout with a buddy for every day after work, for example, makes sure that you'll actually make time to hit the gym. You'll quickly find yourself more inclined to hit the gym if there's someone else involved that may be disappointed if you don't show up. Photo by Maria Ly.Find Exercise That You EnjoyThis may seem like a no-brainer, but it's important to make sure you find an exercise regimen that you'll actually look forward to doing every morning or every other day. If you hate running but love biking, hit the stationary bike instead of the treadmill. If you love swimming, find a gym with a pool where you can swim every day after work. You can even sweeten the pot by combining your exercise with entertainment. Make your workout time the time you listen to your favorite podcasts or audiobooks, watch your favorite TV shows on TiVo or Netflix. It's difficult enough to get motivated enough to exercise when you have a busy schedule. Make those workouts something you'll actually look forward to doing, and you'll be more likely to do them. With luck, eventually you'll look forward to them at the end of a long day or a great way to jumpstart your morning. While there's no way to actually add hours to the day or make your daily routine any less hectic, there are ways to make sure you step back, find a little time to squeeze in some exercise—even if it's only a half-hour after work, and put it on the calendar so you never forget it. Once you put it on the calendar, all you have to do is make sure your workout is enjoyable enough that you'll want to go, and social enough that you have a reason to go. Before you know it, you'll wonder why you didn't find the time to exercise sooner. How do you make sure to fit your workout into your routine? How do you find the time to exercise? Share your tips in the comments. You can reach Alan Henry, the author of this post, at alan@lifehacker.com, or better yet, follow him on Twitter or Google+. Skip navigation! Although gyms have been steadily opening, we're still in the midst of a pandemic — and if you don't feel safe heading to a workout class or booking a session with a personal trainer, you may be feeling stuck. But rest easy: If you're a fitness lover looking for an optimized, at-home workout with specific instructions, you have plenty of options available at your fingertips.Thankfully, shelling out cash for a personalized training schedule isn't always necessary when you're equipped with a smartphone. Lots of inspiring trainers on Instagram may get you excited to work out. But when you're ready to create a personalized fitness plan, you're going to want to use an app (or many apps!) to focus your workouts, track your successes, and plan your goals.No matter what kind of workout you're into, there's an app out there to help you exercise better and more effectively. Ahead, we've rounded up the best workout apps to spare you the gym expense and keep your workouts interesting. Ready, set, download.(We'll be adding more of our favorites, so check back when you're ready to add another workout app to your fitness routine.) Do Not Sell My Personal Information. Workout Routines and New Ideas for Fitness From the WebMD Archives Fitness isn't just a plan you embark on, along with a diet, to lose weight. It's a lifelong love of movement that will help you maintain good health and the physique you want. We've compiled some workout routines and ideas to help you along your way. These recommendations will help you evolve your workout routine and activity plan. The theme is picking something you love doing, and nurturing your feelings every step of the way. After you read through these workout options, consider journaling to explore your fitness habits, desires, and goals. Begin by expanding your definition of exercise: You don't need to run, sweat, or grunt -- any opportunity to partake in activity counts as exercise! If you feel uncomfortable going to a gym, a 10-minute walk, twice weekly, is an excellent first step toward better fitness. If you enjoy and can afford it, get a regular massage as well. Consider buying a good beginner's exercise tape, too. (A tip: rent exercise videos from your local library and try them out to see which you enjoy.) Another great activity is gardening, an underrated form of stress reduction and exercise. Get in touch with your physicality by using a Jacuzzi or sauna after a cool shower, or just by taking a bubble bath. Afterward, try some gentle stretching, perhaps followed by another cool-down shower and Jacuzzi. A facial is another good way to reconnect your physical and mental being. If you feel daring, consider karate, a dance class, or bowling. Enjoy the activities you pick, but don't make yourself continue with them any longer than you want to; for instance, don't force yourself to bowl three games if you feel like bowling only one. Remember that your goal is to make yourself healthier and fitter by nurturing yourself and reducing stress. Think about bowling, softball, or any other type of entry-level team activity. Many people who aren't natural-born athletes love team sports because of the combination of exercise and social interaction. (Mall-walking groups offer the same benefit if you're looking for something less strenuous.) If group activities aren't for you, start a walking routine, two or three times a week, for 15 to 20 minutes. If you feel like it, jog for a few minutes during each walk. Do a few jumping jacks, sit-ups, or push-ups -- along with stretches -- in the morning before work. Jump rope with your kids or buy yourself a Hula Hoop. Take an in-line skating class, or start going out dancing occasionally with friends. Dance, tai chi, and yoga classes are enjoyable, low-stress fitness activities. Also, consider buying several exercise tapes and try out fun activities including biking, swimming, horseback riding, or even a regular game of Frisbee with your dog. Focus, above all, on giving yourself permission to enjoy your physicality. If you can, start getting regular massages. If you belong to a gym, don't feel you must do a strenuous workout every time you're there. Try going occasionally just for the enjoyment of stretching for several minutes and then taking a Jacuzzi, steam, or sauna bath. You'll learn to reconnect with your physicality and rediscover your body as a source of pleasure. By choosing the right exercise program, you can make your natural athleticism work for you. Avoid heavy-duty exercise programs that trim off inches for a little while but may not work in the long run because they can cause burnout. For long-term results, find activities that you enjoy, instead of merely choosing those that burn calories. You probably already know some of the activities you do and don't like, so select those you prefer and drop the ones that bore or stress you. For instance, are you starting to dread your usual five-mile run? If so, give yourself permission to take a leisurely bike ride or swim. Too tired for a 30-minute workout? Exercise for 15 minutes, and see if you feel like continuing. And if you find yourself setting harder and harder goals ("I need to run an eight-minute mile"), reconsider your priorities. Remember that getting regular, moderate exercise is smarter and more effective than forcing yourself to do grueling workouts that can lead to injury or burnout. You might enjoy the challenge of participating in a run or bike race for charity -- a great way to get exercise while meeting new people and helping your community. You might even want to train for a half-marathon, if running is your favorite activity. Just be sure to make fun and stress reduction -- not calorie-burning -- your top priorities! Keep up the good work! Your goal is to establish a healthy, pleasant exercise routine, intermingling challenging activities with peaceful and relaxing mind/body experiences. If you find yourself getting bored, vary your exercise routine with creative new activities. For instance, if you're tired of jogging every morning, try taking up kickboxing, indoor cycling, in-line skating, even a jazz dance class. Spicing up your exercise routine will motivate you to stick with it. No matter what level of activity is right for you, concentrate on nurturing yourself through exercise. When you do, you'll feel good -- and when you feel good, you'll stick with your fitness plan. Some days, that plan might lead you to be the first person at the gym or to sign up for a challenging fitness run. Other days, you'll be found at the spa, getting a massage or stretching for a few minutes before you take a leisurely walk. It may seem hard to believe, but all of these activities are active ways of achieving true and lasting fitness. So forget "no pain, no gain," and focus on the joy of swimming, walking, skating, belly dancing, or even Jacuzzi-ing your way to better health and a trimmer body. Expand your definition of exercise to include any activities that help you relieve stress and "connect" your mind and body -- and make a commitment, based on self-love and self-affirmation, to make exercise a priority in your life. When you do, you'll see your excess pounds and inches come off more quickly and effortlessly. Most of all, remember that combining a variety of workout routines and ideas can help keep your exercise program interesting so that you'll be more likely to stay on the road to lifelong better health and fitness. For additional information on starting an exercise program and choosing a workout routine read Fitness 101: The Absolute Beginner's Guide to Exercise and What's Your Workout Personality?. SOURCES: WebMD University Course "Your Fitness Options" with Wendy Oliver-Pyatt, MD. Portions of this page copyright 2003 by The McGraw-Hill Companies, Inc. All rights reserved. © 2006 WebMD, Inc. All rights reserved.

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