



& Home Fitness Workouts

Kigen Richard



CONTENTS

1

TOP 3 MORNING HOME FITNESS PLANS

3

2

THE PROS AND CONS OF HOME WORKOUT

5

3

BENEFITS OF WORKOUTS

7

4

THE ADVANTAGES OF HOME FITNESS EQUIPMENT

10

5

TYPES OF FITNESS ROUTINE

12

6

THINGS TO WEAR DURING THE WORKOUT SESSION

14

CHAPTER 1

TOP 3 MORNING HOME FITNESS PLANS

Most people like to carry out their workout routine in the morning. The workout could be as simple as going for a morning walk, skipping, jumping or jogging.

These are three-morning workouts you can do right from a home without having to drive to the nearest gym.

1. Try The Outdoors: Your compound can be your gym. As discussed earlier at the beginning of this chapter, a simple walk around the block can be an excellent home fitness plan. You can walk for about 20 to 30 minutes, which ends up being about 1 mile of the total distance.

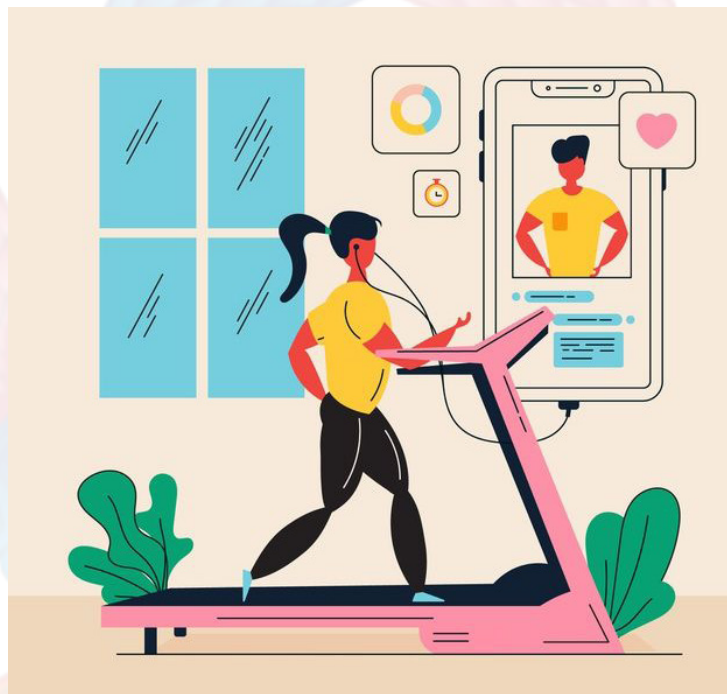


To change up your routine every other day, you can include jogging, skipping, jumping. For instance, you can do an interval workout training during the 20 to 30 minutes you created out of your busyness. Walk for few minutes then jog the next minute or skip for 1 minute jump the next minute. You can continue to do this rotation until you have used up your time.

2. Do Some Stretches: Try to do some stretches first thing in the morning it is a fitness plan you can do easily. Try to purchase a yoga mat because carpeting may not be that supportive or uncomfortable.



3. Use Home Fitness Applications: Yes, there are fitness applications. It is a perfect year-round home fitness plan. You do not have to leave your comfort zone for a simple and effective workout. There is plenty of fitness applications available on play store and apple store. All are excellent home fitness workouts anyone can do.



CHAPTER 2

THE PROS AND CONS OF HOME WORKOUT



A home workout is just one of the many ways a person can lose weight and get fit. There are loads of benefits to being able to have good training in our comfort zone. It saves money and much more comfortable than going to the gym. On the other hand, working out at home also has some setbacks. The best way to decide on opting for a home workout plan over the gym plan is to weigh the pros and cons of choosing the home workout plan.

CONS

People who work out at home enjoy several benefits.

- The most common advantages they have is that it is the most convenient way to stay fit and healthy.
- Working out at home takes away most of the complications of going to the gym or fitness centre to exercise. The time we usually spent travelling to and from the gym can now carry out other productive activities.
- You do longer need to fall in line to use the gym equipment, and people can exercise at their own pace without anybody watching them and making them feel uncomfortable.

- It is also much cheaper and advisable to hire a home personal trainer rather than pay for one-on-one personal training at the gym with the expensive monthly dues inclusive.

However, the most crucial advantage of exercising at home has nothing to do with convenience or cost. It is merely a much healthier option considering how many germs a person can pick up when using an exercise machine or piece of equipment that other people have already touched or sweated on, most especially in this covid19 pandemic.



PROS

There is also a downside to home fitness training.

- The first thing you'll need to contend with as you've decided to work-out at home is distractions that come with it. Take for instance Phone calls, noises, the children trying to imitate you in an annoying way, and unforeseen circumstances all of these can distract one from the task at hand and once a person has lost focus, it's hard to get back into that moment.
- The lack of space and exercise equipment can also hinder a person's progress, especially when a workout requires the use of special equipment and machines. Not everyone has the luxury of having enough money and space in their home for a home gym, so people who want to make a home workout routine would have to make do with exercises that require equipment that could be easily substituted or used without equipment.
- Another challenge for people who work out at home is finding the motivation to get up and exercise. The choice between cuddling up on the comfy couch and sweating it out for 30 minutes or more can be a tough one to make, especially after a tiring day at work. It takes discipline to create an at-home exercise routine work, and people who have self-discipline issues are better off working out at the gym.

CHAPTER 3

BENEFITS OF WORKOUTS

In a generation where the image is everything, people will do anything to make sure they look good and appreciated. This cosmetic surgery is such a buzzword. While these treatments don't just come cheap and easy, they also come with several risks that you have to endure to feel attractive. Fortunately, there is an easy way to remain beautiful and remain with a glow that works from inside out. People who spend millions of dollars on these treatments usually are shocked to know that workouts can do wonders in beauty.

Exercise is the best way to give yourself a clear complexion, reduce wrinkles, have clear blemish-free skin and of course some very healthy hair. Getting involved in regular exercise enhances blood circulation to every part of your body, and the result is a revitalizing effect. The truth is that exercise benefits your entire body because it improves the respiratory and circularity systems. Improved oxygenation and distribution of nutrients create benefits for all to see.

- **Improving hair growth:** A good workout enhances the circulation of blood to your scalp and your hair follicles such that nutrients reach your hair follicles. This works to promote the growth of hair as well as preventing hair loss. When your hair follicles are nourished with oxygenated blood antioxidants are rushed to those areas, and they destroy any free radicals that damage hair.



- **Glowing skin:** When involved in a regular exercise, blood circulates to the extremities of the skin's surface, delivering essential nutrients where they are needed. Aerobic exercises are essential because they promote sweating, which allows for the expulsion of unwanted toxins. A workout will tone the skin so that the improved circulation and oxygenation brings a healthy glow to your skin. On the other hand, if you want to deter fine lines, wrinkles, and sagging skin, you only need to get involved in the exercise. This is because exercise enhances collagen production, which is the protein responsible for making the skin elastic. Exercise also strengthens the muscles beneath the skin, making it firm such that skin becomes healthier. Remember that the strong muscles created by exercise provide that kind of support your skin requires to remain healthy and elastic.

- **Prevention of acne:** Acne can be bothersome for many people; it comes from excessive production of sebum, which ends up clogging your pores. The skin releases sebum regularly into your pores, but sometimes there are hormones like cortisol and testosterone that cause an excessive production that ends up clogging the pores. Any increase in these hormones will be indicated by the presence of acne on a person's skin.

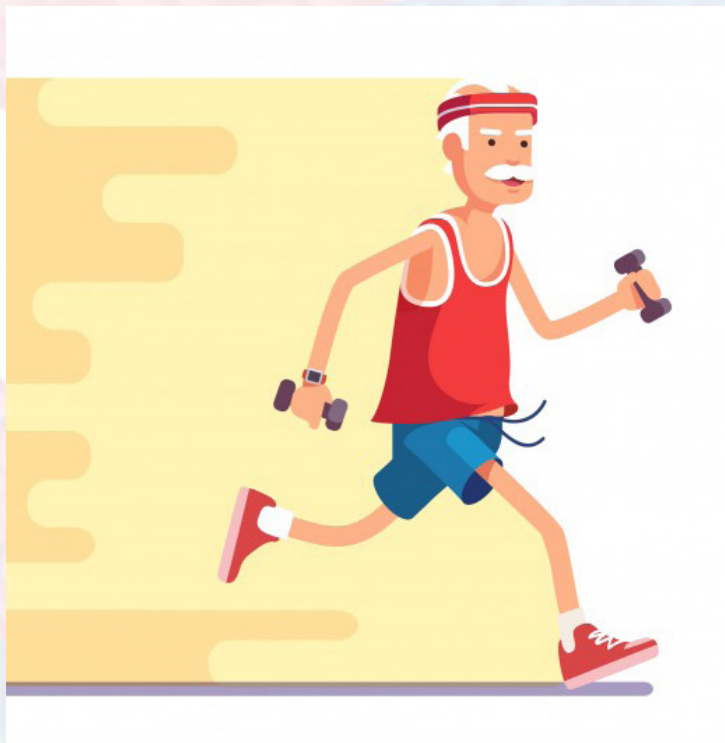
Exercise is one of the simplest ways to correct this hormonal imbalance and thereby clearing acne; exercise relieves stress and, in effect, lowers the levels of cortisol in the blood.

- **It enhances your mental health:** It clears your mind, kills any forms of mental stress. It also makes you strong mentally.



Lastly, I just think there's more to working out than just the physical look. Here are some other things work out teaches you.

- **Discipline:** Only Discipline will teach how to say no to carbs and any different types of foods that enhance fats because you know the hard work you need to burn out the fats.
- **Dedication:** We all know how difficult it is to create time for things, especially an activity that causes pain to us.
- **Endurance:** Only endurance will make you wake up the following morning and still workout despite the muscle soreness you developed from the workout you did the following day.



CHAPTER 4

THE ADVANTAGES OF HOME FITNESS EQUIPMENT



There are so many benefits attached to having your home fitness equipment. Are you thinking now is the time to shape up?

The problem is you know what you think about getting up from your bed early enough on a cold morning to go outside for workout? You are usually the first to admit that a 30-minute jog or fast walk around a local park is not ever going to happen? Or are you among the busiest people on earth who can't fit a 30 minutes workout at the gym into their already tight schedule?

If you just can't make it to the gym to work out any of those calories or fat, home fitness may be your answer I'm sure the benefits will attract you. A home workout means one of two things: either you do the aerobics, dancing, jogging, and stretching, or you find the right fitness equipment to use in your own home. Many people chose the equipment route because of all the advantages it offers to anyone wanting a more flexible way to lose those extra pounds and inches.

Having your fitness equipment at home for doing a workout gives you the following advantages:

- **You call the shot:** You choose the best time that's convenient for you to exercise. With the option of doing it every morning when you first get up, or at night if your daily schedule is full, having it at home can work correctly for you. You don't have to wake up early in the morning, and you're not locked into any one else's schedule when you have the option of exercise on your home fitness equipment.
- **You use the equipment at your convenience:** You're able to use your equipment without any problems. You're not limited to the amount of time you spend using the equipment because someone else is waiting in line, as often occurs at a gym centre. You are free to use it for whatever amount of time you choose to spend.
- **You make your rules:** You have the privilege of being able to exercise; however long it takes to burn off those stubborn fats. Your choice can be every day, bi-weekly, or even tri-weekly.
- **It saves costs:** Another advantage is that you have the freedom to exercise as long as you choose without paying any extra fee. This makes you save more and spend less.

There is a wide range of exercise equipment available to you. The treadmill, stationary bike, recumbent exercise bike, elliptical trainer, fitness ball, dumbbells, stair stepper, and lots of other equipment are great choices for using at home.

Whatever you find that meets your needs when it comes to home fitness equipment, always take time to check out the specifications, benefits, prices, and the terms and conditions offered by the seller or manufacturer of the equipment you're looking at. Then make sure to use it to get the full benefits and advantages available with fitness equipment in your home.



CHAPTER 5

TYPES OF FITNESS ROUTINE

Developing a regular fitness routine is the ideal solution if you wish to get a great body fast. Exercise is an indispensable mechanism for you to get those stunning body goals you have been yearning.

With a healthy lifestyle inclusive, exercise will specifically make you feel young, and look better. Living a healthy life requires suitable food and physical exercise, and exercise can provide the latter. Just in case you want to make a beneficial change in your lifestyle, get that gym membership card and start working out already.

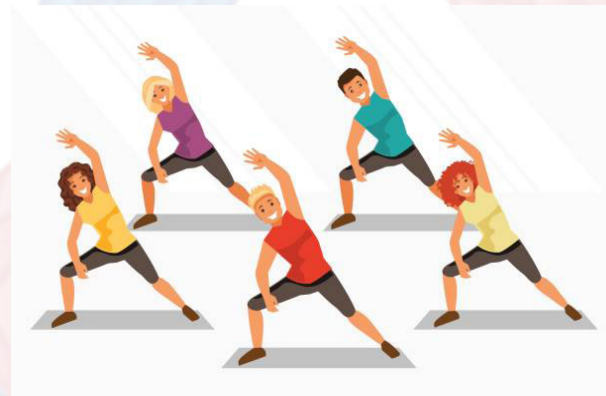
For you to select what part of your body you'd want to work on, it is important for you to first get to know the types of exercise available you'd need. Different body parts need to be treated differently in terms of toning and tightening, so that is the reason why there are different types of exercise for other parts of the body.

There are significant types of exercise that known and used by fitness enthusiasts. All other exercises and routines fall under each of these categories. And these include anaerobic, stretches, and aerobic exercises. Read the details below;

- **Stretch:** Stretch exercises are created to enhance the flexibility of the body. This type of exercise is performed to improve the movements of muscles and joints. This is a routine that you usually do at the beginning and end of your workout session to stay away from severe muscle soreness and joint pain. It can be used as a warm-up and a cool-down exercises, stretching is invaluable in every workout. Your muscles and joints are all worked up after an intense workout or strength training, so it is advised that you stretch your body to reduce soreness or injuries in the muscles and activate your recovery session on time.



- **Aerobic fitness exercise:** This type of exercise is most common among the ladies it is called the aerobic exercise. Another word for aerobic exercise is the cardiovascular exercise which is extremely important to keep the heart healthy and make the muscles stronger. It involves moving the muscle groups from a less intense level up to a more intense level for at least 20 minutes. Popular forms of aerobic exercise include running, cycling, swimming, and dancing. Women love this type of activity because this is one of the most influential and easy means to lose weight.



- **Anaerobic Exercises:** This type of exercises are more commonly referred to as weight-lifting exercises. Creating muscles and enhancing the size of muscle size are the major objectives of this exercise; this is common among men. The muscles are formed and toned through different training types, such as weight training, functional training, and sprinting. Pull-ups, push-ups, and squats are just some of the examples of anaerobic exercises. Do not forget that choosing the type of exercise that is best for you is the first step to achieve that body goal you visualized.

CHAPTER 6

THINGS TO WEAR DURING THE WORK-OUT SESSION



I'm sure you must be wondering why there is a different mode of dressing for workouts, do not worry this chapter is about to school you.

Firstly, please don't wear blue jeans to workout in. Blue jeans are not designed for workouts. They don't stretch as workout clothes should, they can easily cause chaffing on the legs where your legs rub together (not comfortable at all!), and they just aren't lightweight enough for a good workout.

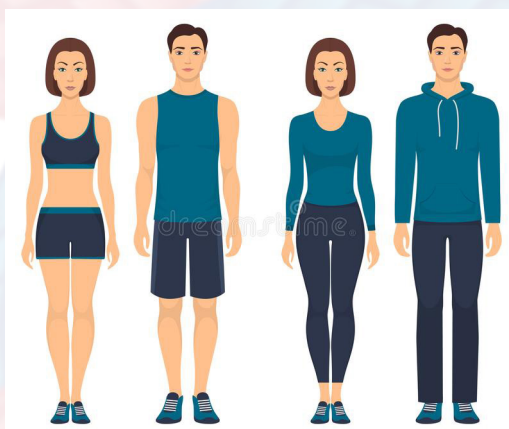
It is not to mention how difficult it is to do sit-ups (or anything where you sit on a hard surface to work out) because of where the seams are in the jeans' rear. It's just plainly uncomfortable and annoying.

So, what do you wear? Here's a list of a few things you should wear during your workout session. Please remember that the type of workout you are doing would help you determine what you should wear. For example, if you are doing activities like kickboxing, karate, or some other form

of active non-machine cardio, you would probably be much more comfortable in loose-fitting workout clothes.

However, if you're a bodybuilder or using cardio machines, you may be more comfortable with tight clothes for workout. But for the sake of those working out around you, kindly wear something that covers up your body and does not forget to wear deodorants!! There's nothing as worse as working out next to someone who just plainly stinks!

- T-Shirts
- Tank Tops
- Sports Bra- The ordinary bra's just don't give the proper support you'll need.
- Lightweight Jackets / Hoodies / Windbreaker- this is worn to sweat more or during the winter.



- Stretchy pants
- Sweatpants
- Groove Pants - these are stretchy workout pants, but the bottom of the legs is more expansive than normal workout pants.
- Socks and Underwear- yes, you should wear the following!!
- Head Warmers / Gloves / Arm Warmers - You should only wear these if you're working out in cold weather.
- Some pairs of sneakers.

There are lots of gym wears out there to buy, so make sure you know the types of workout you will be doing and what you feel comfortable wearing

before purchasing a bunch of workout clothes. Never forget that the more you work out, the more you should get new workout clothes.

Workout clothes tend to wear out faster than other clothes (if worn often) because of the sweats, the stretching of the material from the actual workout, and the frequent washing. However, if you are looking to lose weight, I wouldn't recommend buying a ton of workout clothes to start because as you lose weight, you'll need to buy smaller workout clothes (which is fantastic!!).



www.cantonmartialarts.org.uk
info@cantonmartialarts.org.uk
07397776544