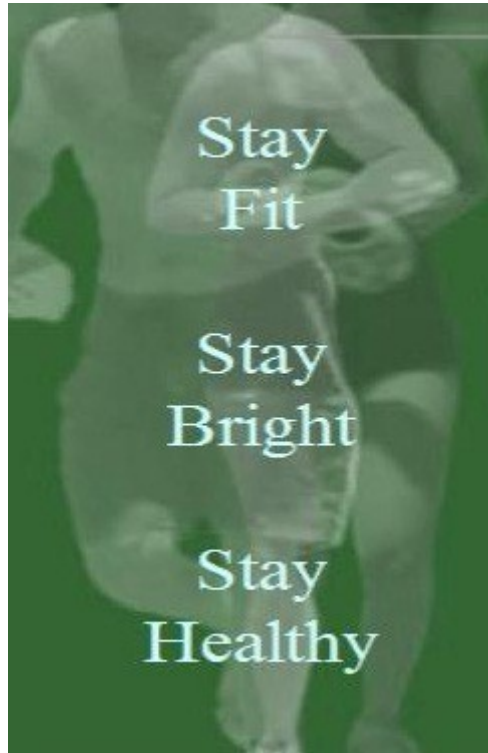


32 - Top Exercising Recommendation Tips



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3 Top Tips For;

Getting Started With Bodypump Classes In The New Year

Bodypump is a class that involves lifting light weights to music so that you get both a cardiovascular workout and a resistance training workout. If you are a weightlifter who wants to do some cardio in the New Year but doesn't like running, cycling or the other cardio machines on offer, then Bodypump could be for you. It's also a great way to start a fitness program in the New Year as you will be able to learn a number of basic weightlifting moves during the class. In this article I discuss why you should consider doing Bodypump in the New Year and give you some top tips for getting started.

Why Bodypump?

As I discussed above, Bodypump is a great all round workout that combines cardiovascular exercise with resistance training. If you really don't like traditional forms of cardio but you are a fan of weightlifting then Bodypump allows you to do what you love and get some cardio. It's also a very effective workout with one hour of intense Bodypump burning through 600 calories.

In addition to this, Bodypump is a great way for people who want to get started with weightlifting in the New Year to learn the moves. Even if you don't have a clue about weightlifting or any of the moves, a few Bodypump classes will teach you how to chest press, shoulder press, squat and more.

Bodypump Top Tips

Whilst Bodypump is an excellent way for beginners and those who are more advanced to get a good workout, I highly recommend you follow these top tips before getting started:

1) Get There 5 or 10 Minutes Early:- You need quite a lot of equipment to do Bodypump including a barbell, a set of dumbbells and a mat. Therefore, if it's your first class you should try and get there a bit early and get all your equipment ready before the class starts.

2) Choose Light Weights:- One mistake I made with my first Bodypump class was choosing weights that were too heavy. When you pick the weights up they won't feel like much but trust me once you get started they will quickly start feeling a lot heavier. There's no shame in choosing the lightest weights for your first class and it's a much better choice than having to stop halfway through the class because you have chosen too heavy.

3) Set Up Your Equipment Near The Front:- If it's your first Bodypump class then you are going to need a full view of the instructor so that you can learn all the moves. To ensure that your view does not get blocked make sure you set up right at the front of the class.

Summary

Bodypump is a great way for newbies both newbies and those with more experience to maximise their fitness training in the New Year. However, if it is your first class make sure you follow the advice in this article. This will ensure that it goes smoothly and set the foundation for a fit and healthy New Year.

3 Top Tips For;

Getting Started With Bodyweight Training In The New Year

Bodyweight training is a fantastic way to get started with fitness in the New Year. You can do it whenever you like, you can do it within the comfort of your own home and you don't even need any equipment (although some equipment can really enhance your workout). In this article I discuss why bodyweight training is worth considering and give you some top tips for getting started.

Why Bodyweight Training?

The most obvious advantage of bodyweight training vs traditional strength training is the cost. If you join a gym then you have to pay your membership fees and even if you go to the cheapest gym in town you're looking at a minimum annual cost of \$300. If you decide to train at home with your own weights then you have to invest in a bench, a set of dumbbells and a barbell. However, you can do bodyweight training without any equipment. Even if you do purchase some bodyweight training equipment it is still a lot cheaper than joining a gym or buying your own weights.

Bodyweight training is also very flexible so if you have a busy lifestyle it is perfect. Whenever you have 15-20 minutes free you can slot in a training session. If you have more time free you can extend your training session.

Bodyweight Training Top Tips

Whilst bodyweight training is a very good New Year exercise, it can be difficult getting started. You have to learn all the moves yourself and it can be a struggle coming up with exercises for certain areas of the body. For example, how many shoulder workouts can you think of that use just your own bodyweight? However, if you follow the top tips below you should have plenty of success:

1) Get FitDeck Bodyweight:- As I said at the beginning of this article, you don't need any bodyweight training equipment but certain pieces of kit can really enhance your workout. FitDeck Bodyweight is one of these pieces of kit. It's a set of 56 cards with each one containing a different bodyweight exercise. It makes your entire bodyweight workout a whole lot easier as you don't have to think about the exercises – they are all available on the cards.

2) Create A Bodyweight Training Schedule:- As I discussed above, one of the big benefits of bodyweight training is its flexibility. You can do it at a time that suits you best and workout for as little or as long as you like. However, if you don't plan to fit bodyweight training into your week you will probably never end up doing it. Therefore, you need to create a weekly schedule that details exactly when you will do your bodyweight workouts so that you don't start slacking.

3) Get A Chin Up Bar:- Whilst you can technically do chin ups from your door frame without a chin up bar, using one makes the whole process easier and safer. You can pick up a good quality chin up bar from Amazon for a very low price and this is another piece of kit that can seriously enhance your bodyweight training.

Summary;

If you want to get fit in the New Year bodyweight training is a great way to get started whilst keeping your costs down. Even if you choose to invest in a chin up bar and FitDeck Bodyweight it's still one of the cheapest options around. So when the New Year arrives give it a go and start enjoying gym free workouts.

3 Top Tips For;

Getting Started With Cycling In The New Year

If you have set yourself the New Year's resolution of getting fitter then cycling is a very good choice. It provides you with a really intense, varied workout and the best part is it allows you to do a little exploring in the process. In this article I will be discussing some of the reasons you should take up cycling in the New Year and provide you with some top tips for getting started.

Why Cycling?

What I really like about cycling is that it allows you to explore at the same time as getting a workout. Jogging does this to a degree but you are limited by how far your legs can take you. With cycling you have a mini-adventure every time you go. You can even make a full day of it and plan a day of scenic cycling with a few interesting routes along the way.

Cycling Top Tips

Whilst cycling is a great way to get out and explore there are still a few things I highly recommend you do before taking up this hobby in the New Year:

1) Choose The Right Bike:- Before you start cycling you need to consider what type of cycling you are going to be doing. Do you want to mainly cycle on the roads or do you prefer cross country cycling? The type of cycling you do will determine the type of bike you need so think carefully before making your purchase.

2) Get A Helmet:- Safety is key when it comes to cycling. I know wearing a helmet might not fit your cool and trendy image but it's a small price to pay to avoid permanent brain damage. A rough off road track, a pot hole in the road, a branch hanging from a tree or a driver who is not paying attention to the road are just some of the potential hazards that can knock you off your bike. Whilst I hope this never happens, protecting your head is essential just in case it does.

3) Consider Getting An Indoor Bicycle Trainer:- Cycling is brilliant when the sun is shining and the sky is clear. However, when the rain is pouring heavily or there is ice on the roads it's pretty much impossible. So if you want to keep cycling all year round you should consider purchasing an indoor bicycle trainer. These nifty pieces of kit allow you to take your regular bicycle and train on it indoors. They offer a much more realistic ride than regular exercise bikes and varying levels of resistance so you can still push yourself to the limit when training indoors.

Summary

Cycling is a great way to get some exercise and explore the scenery around where you live. So if you are a fan of the great outdoors and want to improve your fitness in the New Year, go get yourself a bike and a helmet, plan a few routes and hit the road.

3 Top Tips For;

Getting Started With Soccer In The New Year

With the New Year almost upon us you probably have plenty of ideas running through your head when it comes to New Year's resolutions. If like many people you want to improve your fitness in the New Year then why not give soccer a try? In this article I will be discussing soccer in greater detail and giving you some top tips for getting started.

Why Soccer?

Soccer is one of the most intense cardiovascular workouts you can give your body. A competitive game can burn off a very impressive 680 calories per hour. It's also a great way to improve your balance, flexibility, hand to eye coordination and meet new people.

Another great thing about soccer is that it hardly requires any equipment. All you need is a ball, a group of people and some open space which can be found in your local park.

Finally, it's great fun. Once you get a game going the time flies by and you don't even realise how hard you are working until it's all over.

Soccer Top Tips

Although soccer is a really fun way to workout, getting a soccer team together can be difficult. Even if you opt to play 5 a side you still need 10 willing participants every week. If you are struggling to make the numbers here are a few tips that should help:

1) Advertise At Work:- If you have a public noticeboard at work then put a note up advertising a weekly soccer game. Alternatively, see if you can send an email out to the company or get a mention in the company newsletter to generate some interest. As long as your company has a decent number of employees you should be able to get at least 10 people who want to play.

2) Advertise At Your Gym:- Your gym will be full of fitness enthusiasts and is the perfect place to advertise a regular soccer game. If you can't see any notice boards try speaking to one of the trainers. You might even be able to get them on board and have them help you organise it.

3) Ask Friends And Family Members:- If you have some active people in your circle of family and friends they will probably jump at the chance to play soccer every week. Even if no one you know directly is interested in playing, they may be able to spread the word to their friends and family and still help you get a team together.

Summary

Once you have overcome the hurdle of getting a soccer team sorted it is a brilliant way to workout in the New Year. It's fun, it's competitive and it's one hell of a workout. The team aspect also helps keep you consistent with your exercise as you won't want to let anyone down by not showing up.

3 Top Tips For;

Getting Started With Swimming In The New Year

If you want to improve your fitness in the New Year then swimming is an excellent option. It gives you a cardiovascular workout whilst also working your muscles. In this article I will be expanding on why I think swimming is an exercise worth considering in the New Year and provide you with some top tips for getting started.

Why Swimming?

The main thing I like about swimming is that it gives you a full body workout. It's a great cardiovascular workout with one hour of moderate swimming burning 462 calories and one hour of intense swimming burning 667 calories. In addition to this, it gives all your major muscles a workout as the water provides resistance. If you are just starting out in the world of fitness there are very few other exercises that are this easy to pick up and also give you a dual purpose workout.

Swimming Top Tips

Whilst starting swimming is pretty easy I highly recommend you follow these top tips to maximise your swims:

1) Set Yourself Targets:- Although swimming is a great cardiovascular workout that can also tone and build your muscles, you need to push yourself to fully benefit. To maximise the effectiveness of your swimming set yourself targets for improvement each week. So maybe in the first week your target can be to do 10 laps in one hour. Then next week's target will be to do 11 laps in one hour. After 10 weeks doing this you will have doubled your effectiveness.

2) Get Some Good Goggles:- For some reason a lot of people don't like wearing goggles. However, if you are going to take your swimming seriously and go multiple times each week you need them. When buying your goggles make sure you get a decent pair. Cheap goggles break very easily and fill up with water very quickly so paying for a good pair is a worthwhile investment.

3) Get The Nu Dolphin MP3 Player:- If you are planning to really focus on swimming in the New Year and become the best you possibly can in this area then the Nu Dolphin MP3 player is an excellent bit of kit. It allows you to play your favourite tunes underwater and can really help give you that little bit of motivation you need when trying to beat your best lap time.

Summary

If you don't like the gym but still want a multi-functional workout then swimming is one of the best things you can do in the New Year. It works your muscles, it works your heart and it keeps you fit. So get down to the pool, get some laps under your belt and maximise your New Year fitness.

3 Top Tips For;

Getting Started With Walking In The New Year

Walking is a low intensity exercise that is perfect for people who like the outdoors. It's pretty low intensity but a long walk can still burn through a good amount of calories. In this article I discuss why you should consider walking in the New Year and provide you with some top tips for getting started.

Why Walking?

As I discussed above, walking is a great way to exercise and enjoy the great outdoors. If the thought of being cooped up in a gym while you workout does not appeal then walking could be for you.

Walking is also a great exercise for people just getting started in the world of fitness. There's nothing to learn and no fancy equipment needed. Just a good set of walking boots and you are ready to go.

Finally, the chances of injury with walking are much lower than with other forms of exercise. It's very low impact so places very little pressure on your joints, bones and muscles. If you've previously experienced painful injuries when doing other sports, walking is definitely worth a try in the New Year.

Walking Top Tips

Whilst it is pretty easy to get started with walking, the top tips below should help improve your experience:

- 1) Get A Good Pair Of Walking Boots:-** If you are planning to take walking seriously in the New Year then you really need to invest in a decent pair of walking boots. This will stop your feet getting bruised or blistered and also protect your ankles from injury.
- 2) Join A Hiking Group:-** One of the best ways to motivate yourself to carry on walking is by joining a hiking group. A hiking group will take care of all the planning for you. All you have to do is show up and start walking. Hiking groups also give you some company along the way which is really useful on the long walks.
- 3) Bring A Rucksack:-** Walking is an all day activity so you need to make sure you come prepared. Pack a rucksack with some water, healthy snacks, waterproof clothing (in case the heavens open whilst you are out walking) and warm clothing (in case the temperature takes a turn for the worse).

Summary

If you are looking for a low intensity introduction to fitness in the New Year, walking could be right up your street. If you go for a short walk every day and one long hike every week you will be able to quickly build your fitness levels during the New Year and start burning some serious calories.

3 Top Tips For;

Getting Started With Weight Lifting In The New Year

As we enter January you are probably starting to finalise your New Year's resolutions. Perhaps you want to lose some weight this year? Maybe you want to finally improve your fitness? If so then weight lifting can help you achieve both of your goals. In this article I discuss why taking up weight lifting is such a good New Year's resolution and provide you with 3 top tips for starting a New Year weight lifting routine.

Why Weight Lifting?

As discussed above, weight lifting can help you hit a number of fitness goals. The most obvious benefit of weight lifting is improved strength and bigger muscles. However, it also helps you lose weight by burning body fat when you are away from the gym. A pound of muscle burns 6 calories per day whilst a pound of body fat burns just 2 calories per day. So for every pound of muscle you gain you can burn an extra 42 calories per week. In addition to this, it improves flexibility, reduces your chance of injury, prevents disease and much more.

Weight Lifting Top Tips

Whilst weight lifting is a highly beneficial activity I would recommend you follow the tips below before getting started:

1) Get Some Weight Lifting Gloves:- I see quite a lot of people in the gym without weight lifting gloves and to be honest I don't know how they do it. If I forget my weight lifting gloves for just a couple of days in a row I find the skin on the insides of my hands becomes red, rough, sore and swollen. This makes it really hard to hold dumbbells and lift weights effectively. If you are just starting out I would really recommend that you get yourself a pair of weight lifting gloves before you pick up your first dumbbell. This will help you avoid plenty of unnecessary discomfort and significantly improve your grip.

2) Make Sure You Warm Up:- If you are just starting out with weight lifting then your body is not going to be used to the weights or the movements. Therefore, it is essential that you warm up. I find a good warm up is to grab a set of light dumbbells then perform a couple of sets with them before moving on to your main weight lifting exercises.

3) Go For Technique Over Weight:- One of the big mistakes that new starters make when it comes to weight lifting is trying to increase the amount they can lift as quickly as possible. As a result their technique suffers, they don't exercise their muscles properly and they significantly increase their risk of injury. If you are just starting out weight lifting you need to remember that it is a long, process. Building strength takes time and the best way to build strength is to get the technique right and exercise your muscles properly. Stick on your current weight until your technique is 100% perfect - no matter how long it takes to achieve this.

Summary

Weight lifting is a great exercise for you to take up in the New Year. It can help you achieve a variety of fitness goals such as burning fat, building muscle, improving your strength and improving your appearance. If you are looking to improve your fitness in any way at all in the New Year I highly recommend you make weight lifting part of your routine.

3 Top Tips For;

Getting Started With Zumba In The New Year

Unless you have been living on a tropical island for the past year you have probably heard of Zumba. It's one of the most popular fitness crazes for quite some time and you can now attend classes at almost every gym and fitness centre in the country. If you are not a fan of traditional exercise but still want to get fit as part of your New Year's resolutions, then Zumba might just be the perfect choice for you. In this article I will be discussing why you should try Zumba in the New Year and providing some top tips for getting started.

Why Zumba?

As I mentioned above, Zumba is great for people who don't like traditional exercise because it doesn't feel like exercise. You just go in, dance like crazy and have fun. Then before you know it you've danced an hour away. The best part is although Zumba doesn't feel like a traditional workout it is actually very effective. Once you get the hang of it an hour of Zumba can burn through over 600 calories.

Zumba Top Tips

Despite being renowned for its fun, party atmosphere, stepping into your first Zumba class can still be very daunting. Everyone in the class seems to know all the moves whilst you have absolutely no clue. The good news is I have some top tips that will help you get you started with Zumba:

- 1) Sit In On A Class Or Get A Zumba DVD:-** If you are nervous about getting all the moves wrong in your first class, ask if you can sit in on a class and observe how everything is done. Alternatively, get a Zumba DVD and learn all the basic moves. Preparing in this way will make you feel a lot more confident about your first class and help it go a lot more smoothly.
- 2) Ask A Friend For Help:-** If you are still not confident about heading to a class after following the advice above, ask a friend who currently does Zumba for help. They will be able to show you the moves in person, give you a few pointers and build your confidence for that first Zumba class.
- 3) Get the Right Shoes:-** Since Zumba requires a lot of moving, spinning and pivoting, your standard gym shoes probably won't cut it as they will have too much grip. Instead get a shoe that is lightweight, has some grip without making you stick to the floor and if possible has a spin spot. Cross-trainers or dance-specific sneakers are perfect.

Summary

Once you get over the initial feelings of self-consciousness, Zumba is one of the best ways for keeping fit and having fun. If you have previously tried and failed with your 'get fit' New Year's resolutions, have a go at Zumba this year. The party atmosphere and the community feeling should ensure that you don't get bored with the classes and allow you to keep it up for the full year.

4 Top Tips For;

Getting Started With Jogging In The New Year

As the New Year draws approaches you are probably starting to think more and more about your New Year's resolutions. You keep telling yourself this is the year you are finally going to improve your fitness. Well if you have decided this is your target for the year you need to pick an exercise. In this article I discuss why jogging is a really good option and provide you with 4 top tips for getting started in the New Year.

Why Jogging?

If you are looking to kick start your exercise routine in the New Year, jogging is a fantastic option. You don't need to pay for any classes or memberships, you don't need any special kit (just a good pair of running shoes), it allows you to get some fresh air and you can increase the pace at a rate with which you are comfortable.

In addition to this, jogging has a wide range of health benefits. It improves your cardiovascular fitness, reduces your heart disease risk, improves your mental fitness, strengthens your immune system and much more.

Jogging Top Tips

Before you get started jogging make sure you follow these top tips:

1) Get A Good Pair Of Running Shoes:- A good pair of running shoes can make or break your jog. They can help you avoid injury, reduce the impact of jogging on your feet, legs and joints and maximise your performance. So before you even get started jogging make sure you invest in a good pair of running shoes. Try a few on and pick a pair that fits you well, is comfy to wear and has a good level of cushioning in the sole.

2) Get A Good Jogging Playlist:- On the one hand jogging is a great for getting away from it all and being alone with your thoughts. On the other hand it can get very lonely when you are out there all on your own and the weather is cold, dark and miserable. So make sure you bring some of your favourite tunes along to keep you motivated along the way.

3) Dress To The Weather:- One of the most common responses I have heard to exercising in the cold weather is "you'll warm up once your blood starts pumping". Well let me tell you from personal experience this is terrible advice when it comes to jogging. If you go out jogging in cold, windy, wet weather wearing nothing but T-shirt and shorts then you will come back very cold - no matter how hard you jog. Obviously too many layers will weigh you down but if it's cold or wet outside make sure you dress accordingly. Waterproof tops and windbreaker tops are great ways to protect against the weather without weighing yourself down too much. Hats and gloves are also highly recommended in cold weather.

4) Make Sure You Rest:- When you start a new exercise routine it is very easy to get carried away and over exert yourself. So even if you are really eager to hit the road make sure you are having at least two days off from jogging each week. Jogging is a high impact exercise so you need to give your joints and your legs time to recover. Otherwise you will significantly increase your risk of injury.

Summary

Jogging is a great way for getting started with fitness in the New Year. It's cheap, it's fun and it's effective. I hope this article has provided you with some valuable jogging tips that help you on your quest to start jogging in the New Year.

*Click The Image Below For Another Great **FREE!** E-Book :-)*



4 Top Tips For;

Joining A Gym In The New Year

Joining a gym is one of the best ways to get fit in the New Year. For a small monthly fee you get access to all the equipment you need to stay fit and healthy. In this article I will be discussing why joining a gym is a good choice and providing you with some top tips to follow before joining.

Why Join A Gym?

As discussed above, joining a gym provides you with access to a wide range of fitness equipment for one low monthly cost. Buying all this equipment for yourself would cost thousands of dollars so if you make full use of everything that is available it really is a fantastic investment.

In addition to this, the gym is a great place to learn. There are plenty of trainers who can share their knowledge with you. They can also help you put together a program that will help you meet your fitness goals. Additionally, many of the regular gym goers are knowledgeable too and will be happy to help if you are struggling to use any of the machines.

Top Tips For Joining A Gym

If you are willing to commit to it, joining a gym is a great way to stay fit in the New Year. For the monthly membership fee you get access to free weights, resistance training machines, cardiovascular machines, classes and sometimes a sauna, a steam room and a swimming pool. However, before you commit to joining here are some tips you should follow:

1) Do Your Research:- The first thing you should do if you are considering joining a gym in the New Year is do your research. Go online, search for local gyms and jot down a list of all those that are available. Then list a number of pros and cons for each. For example, gym A may have a swimming pool but be 30 minutes away from your home.

2) Ask Friends For Recommendations:- Once you have your shortlist, the chances are that you will know people who are members at each gym. Go ask them what they think and add their comments to your pros and cons list. When asking for feedback it's important to ask people who have similar fitness goals to yourself. There's no point putting that the swimming pool is very small as a con if you never plan to use it. Once you have finished gathering feedback, reduce your list to a shortlist of the best two or three gyms for you.

3) Go For A Tour Of Each Gym Before Joining:- Once you have your shortlist, arrange a tour of each gym at the times you will be using it. This is very important as even if the gym looks perfect on paper, overcrowding is a very big problem at some gyms. You don't want to pay your membership fee and then find that it's too busy to actually use at the time you want to use it. Additionally, going on a tour will help you get a feel for the gym. Is all the equipment good quality and in full working order? Are the staff friendly and helpful? If not you may want to take your business elsewhere.

4) **Negotiate:-** Once you have toured each of the gyms it's decision time. However, before you hand over your cash try negotiating. The worst thing that could happen is they won't budge on price and the best thing that could happen is they give you a nice discount. Most gyms are really desperate for new members and are willing to slash the price to secure your custom.

Summary

If you are willing to commit to regular sessions, joining a gym is one of the best ways to get fit in the New Year. Just make sure you are diligent with your research and follow the top tips above before joining. I know you are eager to get started but following these tips can save you a lot of time and money.

[Check Out; The 'Personal Health & Fitness' Blog - Here!](#)



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