



BEST EXERCISE FOR ME

It's not labelled with something sexy or promises you abs in 6-minutes but that truly is the fundamental when it comes to you and your goals. Be it health, strength, fat loss or even flexibility. The simple truth is if you don't like a routine or you dread every second, you will likely call it quits a few weeks in. Starting to sound familiar?

There are some parameters which you should consider depending on your goals, experience and environment (we appreciate the gym isn't for everyone but you can still make it work). Let's break it down and see if this helps you find the right starting point.

HEALTH AND GENERAL FITNESS

Most people fresh into their fitness journey or even coming back from a break will likely think about this goal first. I want to feel healthier, have more energy, move pain free and not be tired going up a flight of stairs. Great! Now what's the process? Start with the absolute basics.

- **150 minutes of moderate intensity exercise per week** – Whatever gets your heart rate up to around 50%-60% MHR (maximum heart rate) or in layman terms, hold a conversation with some effort but not able to sing a song.
- **Strength train all major muscle groups 2 days per week** – it doesn't need to be 1 hour in the gym, you can get a pretty good workout with just your bodyweight and a resistance band in 20 minutes.
- **Reduce time sitting down** – Your steps are a great way to manage this, take a look at your current average and set a target of 1,000 more each week. That's your starting point.
- **Stretch** – 10 minutes a day is all you need. Incorporate a routine into your day that you will most likely be consistent with.

BUILDING MUSCLE AND/OR STRENGTH

New to strength training? Don't worry, here are some simple tips to get you started.

1. **Aim to get 2 sessions per week** - We recommend 2 full body sessions. Gym or home, take your pick!
2. **Start light** - Light dumbbells aren't magical, what it does allow you to do is move the weight with better form therefore reducing your risk of injury.
3. **Choose the right exercises** - Make sure you incorporate both compound and isolation-based exercises. Compound based movements are best placed at the start as they require higher energy demands and isolation towards the end.
4. **Stick to a higher rep range** - Whilst there absolutely nothing wrong with low rep ranges, the aim in the early stages is to improve movement and your technical ability. Exercise is a skill and needs to be refined.
5. **Stop changing your workouts every week** - Stick to the same workouts for at least 6 weeks then think about micro progressions such as increasing load, reps or tempo. Don't over complicate it.

FAT LOSS

A lot will probably expect to see a link to the best 12-week fat burn programme here but there really isn't one. My advice is everything stated above, you apply. Your aim during a fat loss phase is to expend more energy than you consume (move more, eat less is what you may be familiar with hearing). No matter how you choose to move, it's all about being consistent and making it achievable. With strength training, we absolutely recommend this as during the fat loss phase your body is looking to breakdown tissue, and muscle is expensive to hold on to so it's true when they say use it or lose it.

You see most goals actually share common ground; you move, you lift, you eat well and you do it consistently. And that is the secret to the best exercise.

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