Welcome to our special report, 100 Top Fitness Tips. This guide is brought to you by http://www.home-gym-health-exercise.com we give you the low down on all aspects of home fitness.

This guide covers top tips on Weight Loss, Muscle Building, Compound Exercises, Motivation, Fitness Equipment, Clothing, Cardio, Health, General Fitness and Workouts.

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Always see a qualified doctor before embarking on an exercise program. The author accepts no liability of injury or death caused from the information in this report. Use of this information is at your own risk
100 Top Fitness Tips

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Top 10 Compound Exercises

Don’t have much time to workout? Want THE top muscle builders? Want to develop real strength? If so compound exercises should be the core of your strength routine!

Compound exercises are simply exercises that target more than one muscle group. For clarity, exercises that target a single muscle group are called isolation exercises. Anyway on to the Herculean strength builders!!

Squats
The good old traditional squat should be a part of any strength workout

Clean and Press
This exercise will work the muscles AND the heart and lungs, it’s like a workout on its own!!

Deadlift
You can move some big weights eventually with this strength builder

Chin Ups
Tough to do at the start but worth persevering with as they will give you a fantastic physique

Bent over Row
Really works the back, but make sure of your form when performing this exercise

Press Ups
The good old fashioned press up has lasted the test of time for a reason!

Dips
Another time tested exercise

Bench Press
THE way to work out those pecs
Lunges
A great leg builder that will also build explosive strength and the heart and lungs

Crunches
Not strictly a compound exercise but simply the best way to work those abs!

Click for groundbreaking information on fat burning
Top 10 Workout Tips

Getting the most from your workout time is essential; your time is precious right? So let’s make sure you squeeze the maximum from your workout with these top tips.

Use a Workout Log
If you aren’t logging your workouts, you’ve not got the data to progress.

Set Goals
To perform effectively you need to know why you’re working out when you don’t feel like it!

Stay Hydrated
Most of your body is made up of water, don’t get depleted during your workout otherwise you can’t perform at the top level.

Be well equipped
Have the best clothing and equipment you can afford, you’ll workout better and stay more comfortable.

Plan your Workout
If you meander around the equipment you’re wasting valuable time and you aren’t focused.

Don't be a workoutaholic
Going to the gym or working out all the time leads to staleness and injuries - don’t be a bore!!

Warm up correctly
A poor warm up will lead to poor gains and injuries, spend the time to get that blood pumping.

Stretch after exercise
Stretching can help the body to rid it’s self of the chemical build ups that cause muscle soreness. No one likes to walk like Frankenstein after our workouts!!

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Give yourself a holiday
Every few months, give yourself a few days off. Your body will appreciate it and you will return with renewed vigour.

Keep it fresh
Mix up your workout sessions, join a class, try a new machine, change your strength days. Shock your body into new growth.

Get positive habits working for you
Top 10 Health Tips
Good health is essential to your quality of life and longevity, try these ten for size.

Stop Smoking
Smoking has no benefits to you at all, so why do it?

Reduce Stress
Stress is one of the major killers in the western world, learn to meditate and relax, your body will love you for it.

Drink plenty of water
Water can help you loose weight and will help detoxify you.

Wear a seatbelt
Not wearing a seatbelt increases your chances of death or injury.

Reduce alcohol consumption
Alcohol abuse can cause relationship, money and health problems and contains a massive amount of needless calories.

Laugh
Laughing keeps you young and is proven to provide countless health benefits.

Don’t ignore body changes
If your body changes or your start to feel pain don’t ignore it, get it checked out. Catching problems early can help professionals to cure them.

Sleep
Your body needs quality sleep to regenerate and to live it’s essential; you die from a lack of sleep before you die from a lack of food!!

Take tests
Make sure you keep up with smears and other essential health tests
Check yourself
Ensure you check for breast cancer, testicular cancer and skin cancer regularly and take action if you notice any changes.

Find your ultimate reality with this acclaimed book
Thank You for previewing this eBook

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