

No Excuses!

Home Workouts You Can Do



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Chapter 1 - Introduction to home Fitness programs- The need of the hour

With few basic equipments and little creativity, it is quite easy to start a home fitness regime. The convenience that comes with exercising at home gives a person the opportunity of working out anytime and the way you want to. It not only saves times, but is a cost effective option as well. Obviously, if you have enough space and money is no obstacle, then a classy home fitness center can be a fabulous option. Even if you have limited resources and a very little space, you just need few basics. This may vary from person to person depending upon the reason of exercising-

- A portable exercise bench
- Two or three dumbbells sets varying from 10 lbs to 15 and 20 lbs. you can use any weight combinations with which you are comfortable.
- For people interested in yoga or crunches or Pilates must have a floor mat.

- A Swiss ball in accordance to your height
- A treadmill, the most basic equipment, probably every person would like to have.

How easy is that? This is like having a virtual gym instructor at your door step. Internet is one of the major sources to check out various forms of exercises and yoga asana through videos and illustrations.

You can hear or read instructions while performing your exercises and make a tailor schedule that's suitable to you. In today's fast paced lifestyle, attaining a stress free and healthy free can be of utmost benefit.

Regardless of the situations, scheduling a minimum of half an hour for four to five times in a week to keep you body fit is not a big thing to ask for, that too just for you.

Home fitness programs are especially great for those who do not like to go out to work out because of self esteem issues. Don't worry, work out at home and go out later to surprise everyone! Then, there are weather issues also, although for people

belonging to specific cities, sometimes it's hot and sometimes too cold to go out for walking or jogging etc.

Neither you need to worry about the sun starting to set nor about the weather becoming an obstacle in your daily routine, if you have home fitness equipment for you.

One must keep in mind that no two people are same, a fitness program working for your friend may not be apt for you and thus choosing appropriately would only benefit you more!

Chapter 2 - Fitness benefits through treadmill

Fitness requirements are soaring by every passing day with the never-ending urge to attain a good body and look better. With a great difference in the personality and physique of individuals, their fitness accusations are also different from one another. With these differing requirements, they yearn for highly specialized and different kinds of fitness workouts.

This is when different fitness programs came handy to them. A person looking for home fitness programs can not finding anything as useful as a treadmill. This is one of the finest options to meet specialized fitness needs.

All high quality motorized treadmills come in the market with a good quantity of preprogrammed workouts which cater to a person's need of fitness accomplishment. The number of home fitness programs provided by good quality brand varies from twenty to twenty five.

However, the choice of strength of a program varies; all of them serve a cohesive purpose of burning fat or shedding weight. Such programs can be better described as a combination of

incline, speed and different genres of exercising like walking and jogging.

Strength of fitness programs is significantly affected by changeable levels of inclines obtainable through the treadmills deck. To start with, you can put stress on some of the primary fitness programs that include walk program for weight regulation, endurance program, health program of normal walk, aerobic walk program etc. Some of the complex fitness programs consist of diabetic and cardiac fitness programs.

Besides various medical fitness programs, these treadmills are also outfitted with programs intended for shedding weight from a particular body part such as back muscles and abdomen fat shedding program.

All this guarantees you a healthy lung and heart from a resource available at your home. All you have to do is incorporate a program that your body demands. Following them in consonance with nutritional measures can help you attain an ideal fitness level.

Working out with the help of treadmills is been present in the

society for a long time, the reason is simple, and it's the easiest approach for which one doesn't need any specific assistance.

Starting from a young person to an elderly, all can conveniently work out walking or jogging on it. In addition, you also get to check the number of calories you burn per session from your calorie meter incorporated in the treadmill itself. This further boosts the confidence level making you more enthusiastic about staying fit!

Chapter 3 - Finding exercises to be done at home

A major change has been observed in the tendency of workout freaks, which is changing their exercise locale from gyms to home. Reason being, the soaring membership prices and binding contracts.

As a result, they have started to opt for home fitness programs. Finding exercises to be done at home is not a complex job, rather a much more convenient option as discussed in the previous chapters.

There are many great cardio exercises which can be done without much cost to the users. The main money spent is in a good pair of walking, jogging or aerobic shoe, depending on the kind of activity desired. Besides, a jumping rope is also a great addition for skipping at home because it provides users added alternatives of aerobic workouts that can include rapid work interval training.

One can do it while watching TV or may be by playing music alongside. One should jump for a duration of thirty seconds to a minute as fast as possible and rest in between for

sometime before starting again. You can always perform it during ad commercials and watch the rest of your show calming your body.

Today, video and DVD market is flooded with exercise, aerobics and yoga CDs and DVDs which can be purchased for a favorable fitness exercise regime to start at home. This gives more alternatives to people in case jogging or walking becomes mundane or if the weather does not allow you to go outside and run.

Running and walking can actually become all the more interesting if done with a partner, provided no chit-chat and gossip hours begin and win over your fitness schedule. Varying the ground of the running or walking area can also add change to the daily workout process.

Remember, it is very essential that you enjoy what you do to keep yourself fit if you actually want to feel the change in your health and body.

Besides, age does matter while selecting the kind of workout

that you do. An adult person may be capable of losing weight using particular equipments and build muscles as well, but an elderly may not just get the same results from the same regimen.

It is simply because of the quality of performance and not the utilization the expensive and similar machines.

Thu, it's advisable that you always choose a kind of fitness regimen that goes well with your body, age and needs keeping the various health constraints that age brings along.

Chapter 4 - Choosing a right home Fitness program

Home fitness programs can become as easy or complex as an individual would want to make it from exercises which do not require any additional equipment at all to employing the most advanced fitness gym and aerobic equipments available in the market.

It's beneficial for a person to analyze as to what his goals are for the exercise regime at home and then determine the type of equipments and cost they will charge to accomplish those goals.

Every person has a different body type which makes it essential to find a program that suits every person so that the exercise can be continued for lifetime instead of becoming a passing hobby or fad.

Every person necessitates having some kind of cardio activity included in the workout program, thus different kinds should be tried in order to understand what works for you. Also, it's important to get yourself involved in a physical activity which you can enjoy in the whole fitness program.

People who have weak knees, biking is a great option as a home cardio program. Walking is another low impact cardio physical activity which allows a person to be out while getting workout in his home fitness exercise regime.

Cross country skiing and jogging are also two options for those who are more adventurous and those who reside in colder weathers with snow. Those people who like to employ and can afford equipments for cardio, there are many which can be incorporated in the home fitness programs, like a rowing machine, a treadmill and an elliptical machine.

It is better to ascertain as to what exactly are your equipment needs before spending money on them. Besides, check out for the room where these machines would be placed as some places are not sound enough construction wise to bear such machinery on upper levels. Select the right one for you to get right results.

Another factor while planning a home fitness program for you is the company or the brand from where you purchase the equipments. For this, it is important to gain proper knowledge about the company selling these products checking their reliability through their website.

You can check testimonials on the sites or simply take references from your friends and family who have information on the subject of gym equipments. If you have any acquaintance with a gym instructor, it can turn to be the best option to take advice from him before building your fitness area at home.

Chapter 5- Privacy and cost effectiveness of home gym

Home fitness programs provide many benefits to those people who want to do workout but have less time and desire of going to a gym. However, a major aspect of home fitness programs comes with its privacy facility.

Especially people who feel awkward to work out in front of others because of many reasons such as self esteem hesitation etc. Also, you do not have to dress up to get ready for going to a gym as you would be working out at home.

You can wear anything you want without worrying about what others might think. Besides, you won't need to worry about doing a particular exercise wrongly and embarrass yourself.

Everything is under your control, you can mess up the number of times you want to and no one would get to know. There would be no need of looking for women's only or men's only sections as home based health regime is your own private arena where you can be as comfortable as you always wanted.

Also, you get to work out at your own speed, the way you want to

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