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Foreword

Our lives have come a long way from the Stone Age, and we are quite thankful for the various technological advancements that have brought us so far. We still have a long way to go, but the place we are right now is quite commendable too.

However, is everything about our life right now quite perfect, just as what we wanted? No! We have had to pay the price. And, we are paying the price even right now as we speak. One of the most important prices we have had to pay for our technological progress on this planet is that we do not have time right now to take care of ourselves. We are so worked up, literally, with the various devices we have created that our own lives have taken a backseat.

We do not know where we are headed, and though the path ahead of us looks quite bright and promising, there is always the nagging apprehension that our bodies may not be up to that place when the time comes. It is possible that our bodies will bail out on us even before we reach that promised stage in humankind where everything would be at its optimal best.

Our lives have become so busy right now that we do not find time to take care of our bodies. We have become chair bound. Most of our work life is spent sitting in a single room on a chair. Everything is quite all right, but the lack of good exercise is surely taking its toll on us. We have become chair bound, but that has almost debilitated us.

In this eBook, the focus is on people like you and me... people who are too busy to think anything other than their work. We are individuals who are working almost throughout our waking hours and doing very

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little else. Our families and friends vie for our time, but we are not able to pacify them as we want to. We are not able to spend enough time with them. But the one person we are neglecting the most is ourselves. We are neglecting our bodies. We are allowing our bodies to pile up the fat. We are allowing our bodies to stay unhygienic, from outside as well as inside. We ignore symptoms. We do not even exercise.

We are going to speak specifically about exercise here, and there is good reason for that. If we exercise, or work out, we are going to give the right direction to our lives. We are going to make our bodies stronger and fitter and we can thus enhance the potential of the body by a high degree.

You might think you have no time at all to take care of your body. But, that could be further than the truth. In fact, this eBook is going to show you how you can perform exercises by doing what you normally do... only you might have to find a few more minutes in your day. Watch what you eat, watch what you drink, and watch for those stress-inducing factors as well.

Workouts shouldn't be missed out on. By doing the right ones, you will not even need to spend more time, and you will get the kind of body you are looking for. It is all about what you know and how you implement it. This e-Book gives you a host of such options. Learn what you can do even with those brief instructions and try to enhance your life in whichever way you can.

***The Bible Of Bodybuilding For Busy People
The Life Changing Guide To Understanding All The Popular
Exercise Techniques - Works Even If You Are Super Busy!***

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Chapter 1:

Finding Time to Work Out

Synopsis

The truth of the matter and you will probably identify with it is that we all know the importance of exercise. We know only too well how important workouts are to maintain the proper health and fitness of our body. We have heard it, read it, and even accepted it, that we need to work out and exercise if we want to live longer and have a quality life as well. These are all things that we have accepted.

But the problem with most of us is... where is the time to exercise?

If you are like most people, then you are probably in a job that pays you well, but it also makes you work for long hours. Most of the time, you have to carry your work home with you. There is nothing such as a separate home life for you; your home is just another extended workplace.

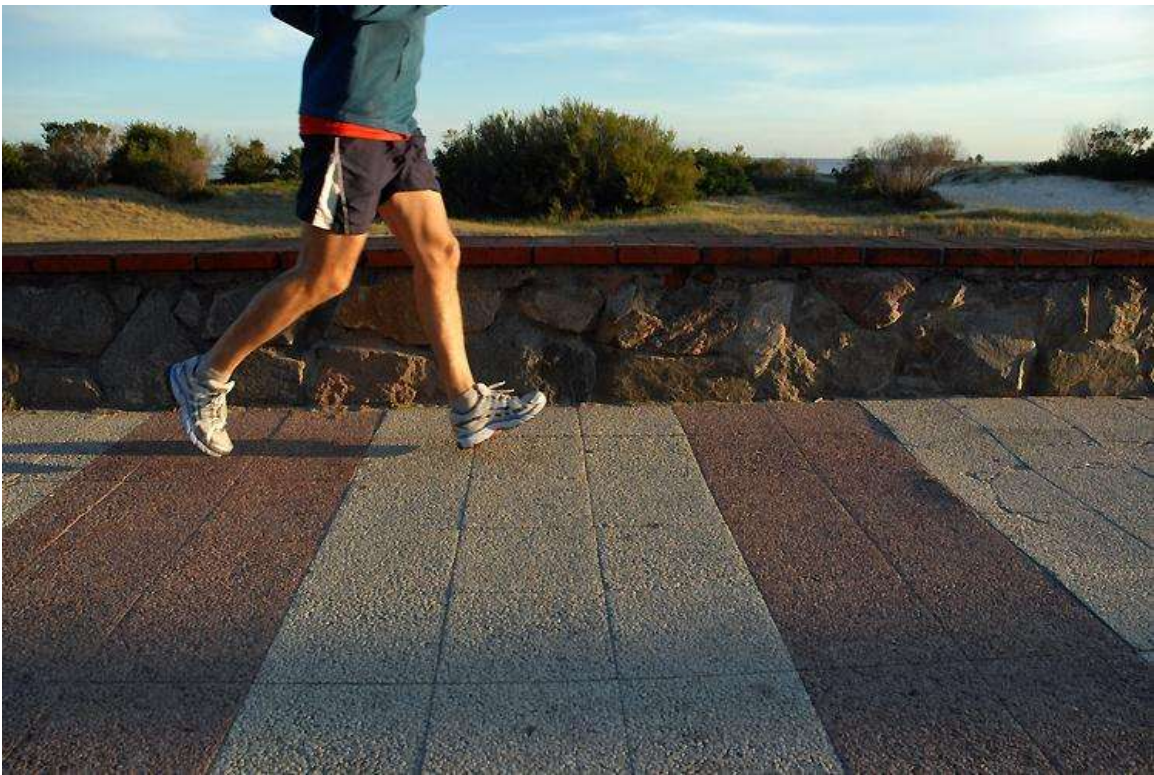
When the situation is like that for most of us, it is quite understandable that we do not find time to work out.

And, on the days that we do have time to work out, we are too tired to go out and do the hard work. We are just too bogged down to exercise, and we feel down and out already. How many mornings have we begun lately feeling fatigued? Too many to be good for health, but then we do not have the time or inclination for exercise too.

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This is putting us in grave peril. We are walking on the wild side, knowingly that too. We know that we must work out and keep our stamina intact if nothing else, but even then we do not manage to do what we should. Something that we must give utmost priority too is being swept under the carpet by us.

In this beginning chapter of our eBook, let us see why people find it difficult to work out, despite knowing the importance of it. We shall find out also about how we can manage our time in such a way that we always have enough time on our hands to perform those all-important exercises.



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Finding Time to Work Out

Life just seems to get busier and busier and though we have great intentions to work out, are you like me at times find yourself going to bed at the end of yet another day and feeling a sense of guilt that the workout you have been promising yourself all week still hasn't happened?

If you are like many people, then it happens more times than you probably want to think about. Workouts and taking time for ourselves often come at the end of a very long list of priorities. It is not that we do not want to do them; it is just trying to fit them in. So what can we do to ensure that we are able to complete everything on that list including a workout?

1. Give yourself permission to take care of yourself and take time out to workout. This is often the greatest hurdle to overcome. It gets much easier after this.
2. Buy a scheduler and map out your day. Choose one with a week to a page view so you can easily see any gaps of time in your week. Remember to include everything, including your commitments and responsibilities at home, your lunch breaks and meal times at home and your free time.
3. Schedule in time for exercise if you have any obvious free time. Remember to think of time before and after work and even during the day at work. Lunchtimes can be excellent opportunities to work out.

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4. Do not underestimate mini workouts. Even ten minutes can be used to effectively work out. Finding time to work out is made easier if you think in terms of 10 minute periods rather than looking for long periods of time to schedule. Weekends may provide longer sessions but still program them as multiple 10 minute sessions.
5. The good news is that workouts do not need to mean expensive gyms. There are many work out ideas that can fit your home or office routine and do not require attending a gym or other sporting venue.
6. Create fun workout routines that include your children or family members. If your young children are in a childcare facility during the day, a brisk walk with them in a pusher will provide an excellent interval training cardio and resistance workout.
7. Buy some portable equipment like resistance bands and hand weights to keep in your desk at work or in the kitchen and use them when you have a few spare minutes waiting for a meeting to begin or food to cook on the stove.

The key to finding time to work out in the midst of a busy schedule is to actually begin to do it. Often the hardest part of finding time to work out is prioritizing it and then actually doing the exercise the first couple of times. However, it is worth remembering that a good or bad habit takes about 3 weeks to develop so if you start your work outs today, they may be a little difficult to fit into your immediate schedule, but they will eventually become second nature.

Chapter 2:

What Is the Best Time to Work Out—Morning or Evening?

Synopsis

Some people like to lift their dumbbells in the morning while others like to do that in the evenings. It is a matter of preference. Everyone has a different peak time for exercising.

In this chapter, you will find out where there is nothing wrong with either of them. You may exercise at any time you wish, but you will have to approach your workouts in a slightly different manner. You can adjust your exercise schedules to your body's natural clocks.

Find out here whether it will be more suitable for you to exercise in the morning or the evening.



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What Is the Best Time to Work Out—Morning or Evening?

Have you been wondering when the best time to work out is? Is the morning or evening the best time to burn fat, lose weight and look great?

Waking and Sleeping Cycles

We all have a wake/sleep cycle and most of us know whether our energy levels are highest in the mornings or evenings. If you have experienced jet lag after traveling through different time zones then you know how it feels to challenge those inner cycles. They are under the control of our internal body rhythms also known as circadian rhythms. While we can modify those cycles (think of those people who go work night shifts), do we need to change them to lose weight and exercise for maximum results from our workouts?

Chances are you have chosen your work out time to coincide with those times you are feeling your most energetic. It's not so easy for many of us to come home tired after a long day at work, spend time with the family, prepare food then plan to go do a workout. For others, the thought of getting out of bed earlier in the morning to workout is just as unappealing. So, can we focus our work out times around our circadian rhythms and still have great success?

Morning Coffee or Afternoon Tea

Research is divided on which is better, morning or afternoon exercise. Research from the USA has indicated that our body's inner

temperature is highest around late afternoon and this is the best time to exercise. However, research has also shown that people who exercise in the morning are more likely to remain consistent with their routine, probably because exercising before the day gets busy is a good way of ensuring daily exercise is actually fitted into a busy schedule.

Other research, suggests that if you exercise in the morning your metabolic rate increases throughout the day and your brain function improves. It is suggested that because we have been fasting overnight, our bodies need to convert fat to energy when we exercise. This increases our metabolic rate and therefore improves our ability throughout the day to burn extra calories after eating instead of storing them. Interestingly, research is also suggesting that contrary to what has been generally accepted, exercising vigorously before sleeping at night does not seem to affect our ability to fall asleep.

So When Should I Work Out?

Work out when it suits your schedule. You are more likely to stick to your workout program if it fits into your daily program. You will lose weight and burn fat if you prioritize your exercise time and remain consistent with it. Focus on using the best techniques to produce results rather than the timing of it. Armed with knowledge about best work outs, you will gain your desired outcomes if you stick to them and finding times that suit your schedules will help you do this.

Chapter 3:

Which Is the Best Way to Work Out?

Synopsis

Just like with everything else, today we are presented with several options when it comes to exercises. There are so many different ways in which we can exercise. We can have an entire home gym installed in one of the rooms of our house, or we can check out videos on the Internet or buy DVDs from the store.

There are hundreds of workout DVDs to choose from. Some people even go ahead and hire a personal fitness coach for their needs, while there are some other people who like to plan their own fitness schedules according to what they can do in the best manner.

So, there are several different ways in which you can go ahead with your workout programs. You can do whatever is most suitable for you. But, which of them is the most effective? Which of them will give you the best results?

In this chapter, we are going to analyze the different workout options that we have and we are going to see which of them is the best according to the specific requirements of our body.

Which Is the Best Way to Work Out?

When you want to work out , how do you choose between a home DIY with your own home gym, employing the services of a Personal Trainer or using one of the hundreds of exercise DVDs currently flooding the market. Each option has a lot to commend it and comparing options may help make the choice easier for you.

Home Gyms and DIY

Finding time to exercise every day is difficult, but travelling to a gym also involves time, not to mention the cost of membership and petrol costs. Home gyms provide access to gym equipment such as weights and cardio equipment in your own home. You can buy or hire the equipment and have it home delivered at relatively little charge. Auctions and community for sale boards can provide a great price on home gym equipment. Busy mums do not need to find childcare to work out and even finding a training buddy can be easier using home equipment.

New research and reports are available online to help you choose the best work out routines for your home gym. There is plenty of research available to help you find the best routines to use with the equipment. The ability to work out at times that suits you, in all weather conditions and without the need to travel long distances, make home gyms and DIY options very appealing.

Using a Personal Trainer

Perhaps you are considering using a Trainer to help you get started and stay motivated with your workouts. You have a choice between employing a Trainer privately and booking a series of sessions with a Trainer at the local gym. Trainers can be expensive, but they are able to provide and apply the most current information on best work out techniques.

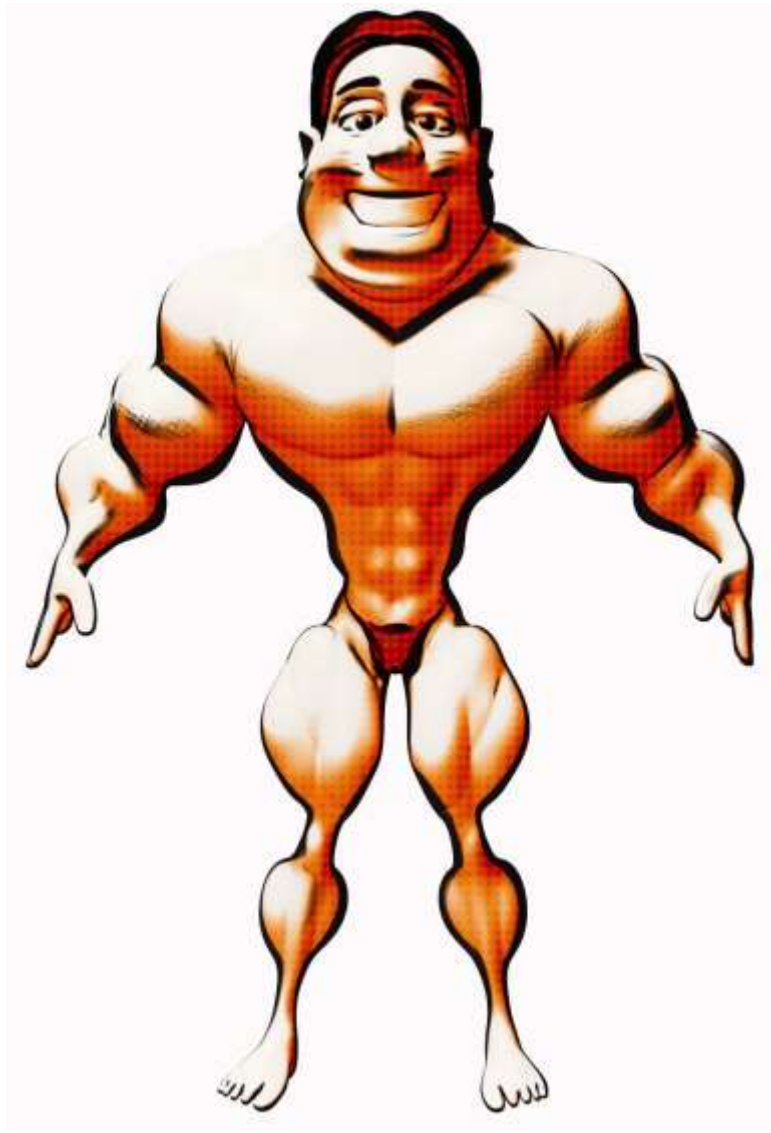
A Personal Trainer create exercises that are challenging and then as your overall flexibility and fitness increases, your Trainer can help you to progress to exercises that will push your boundaries and to achieve greater success, often within a relatively short space of time.

Exercise DVD

Exercise DVDΣs are flooding the market as people of all fitness levels are discovering the convenience of doing exercise at home. Pilates, dance, Yoga, indoor walking and highly physical strength training are all available in different formats. They produce fun work outs designed for working out alone or with friends. .Short workout sessions make them ideal for scheduling sessions into spaces in a busy day. The exercises available are based on the latest research available, making DVDs a simple solution for a cheaper but successful exercise program.

How Do I Choose between Them?

The decision about which option to select is really based on your personal preferences, including cost and time factors. Each option promises an advantage over the others, and once you have chosen which option will work best, the routines themselves and consistency in doing them is the true to success.



Chapter 4:

Workout Techniques for Busy People 1

Synopsis

This e-Book has been written with the purpose of telling people that even if they are supremely busy, there are ways in which they can work out. Workouts are a definite possibility, and you don't have to stick to the traditional idea of sweating it out at the gym for your workout. There are so many other ways that you shall be finding out in these techniques.

There are several techniques that I want to tell you about, and hence I have divided this chapter in 4 parts.

In this part, specifically, you are going to learn about how you can do your workouts in the office, or at home, i.e. without venturing into a gym. I have explained some easy exercises that you will find easy and fun to do.

Check them out here... these are interesting ways to build a healthy schedule in your life, without compromising on whatever it is that you do for a living.

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